



Injecting Insulin Using a Syringe

Your healthcare practitioner may recommend that you inject insulin using a syringe to help you control your blood sugar level. Injecting insulin with a syringe involves choosing an injection site, preparing the syringe and insulin, and then injecting the insulin into your body. Your healthcare practitioner will tell you what type of insulin you need, as well as when and how much you need to inject.

Things You Will Need:

- Alcohol wipes
- Your bottle of insulin
- A new syringe for each injection
- A sharps disposal container to throw away the used syringes

Parts of a Disposable Syringe

A disposable syringe has a barrel, a plunger, a needle cap, and a needle.



Selecting the Injection Site

Before injecting your insulin, select the injection site on your body. The areas for insulin injection include:

- The abdomen or belly
- The back of the upper arms
- The thighs
- The buttocks



When selecting your injection site:

- Use a different spot each time you give yourself an injection
- Choose a spot at least one inch away from your last injection site and any scar or mole
- Choose a spot at least two inches from your belly button

Preparing Your Syringe and Insulin



Step 1

Wash your hands with soap and water and then dry them.



Step 2

If your insulin needs to be mixed, gently roll the bottle between your hands.



Do not shake the bottle because it may cause bubbles to form in your insulin.



Before injecting yourself, make sure the insulin in the bottle is:

- The type your healthcare practitioner prescribed for you
- Not past the expiration date
- Not discolored
- Free of clumps



Step 3

Remove the cap from your insulin bottle.

Use an alcohol wipe to clean the rubber stopper on the top of the bottle.



Step 4

Remove the syringe from its package.



Be sure to use a new syringe each time you inject insulin.

Preparing Your Syringe and Insulin Continued...



Step 5

Remove the needle cap from the syringe. Some syringes have a cap over the plunger that you may need to remove as well.



Do not:

- Touch the needle
- Allow the needle to touch any surface
- Use the syringe if the needle is bent



Step 6

Pull back the plunger to draw in an amount of air that is equal to your insulin dose.



Step 7

Hold your insulin bottle securely on a flat surface.

Push the needle through the rubber on the top of the bottle.

Push the plunger to inject the air into the insulin bottle.

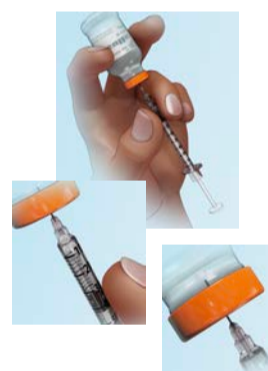


Leave the needle in the bottle. This helps to keep the right amount of pressure in the bottle and makes it easier to draw insulin into the syringe.



Step 8

With the needle still in the bottle, turn the bottle and the syringe upside down.



Step 9

Pull back the plunger to fill the syringe with just a little more than the insulin dose you need.

If you see air bubbles, tap the barrel of the syringe with your finger to make them rise to the top.

Slowly push in the plunger just enough to push out the air and extra insulin.



Step 10

Carefully check to make sure the amount of insulin in the syringe matches your insulin dose.

Pull the needle out of the bottle and carefully lay the syringe on a flat, clean surface.



Make sure the needle doesn't touch anything.

Injecting the Insulin



Step 1

Clean your injection site with an alcohol wipe. Use a circular motion to clean a spot about two inches wide.



Step 4

Push the plunger all the way down to inject the insulin into the fat tissue beneath your skin. Slowly count to five before removing the needle to make sure you have injected all of the insulin.



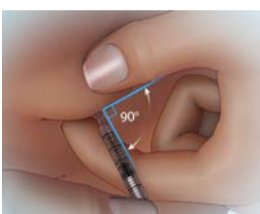
Step 2

Pinch a two-inch fold of skin in the cleaned injection spot.



Step 5

Pull the needle straight out to remove it.



Step 3

Hold the syringe like a pencil, and quickly insert the needle straight into your skin at a 90-degree angle. Make sure the whole needle enters your skin.



Step 6

Throw away the syringe into your sharps disposal container or other puncture-proof container.



Never throw your syringes or needles directly into the trash.



Contact your healthcare practitioner if:

- **You have questions about injecting your insulin**
- **Your blood sugar level stays above or below your target range**

To find out more about injecting insulin using a syringe, talk to your healthcare practitioner.

The information in this handout is intended to supplement the information you receive from your healthcare practitioner and should never be considered personal medical advice. Always contact your healthcare practitioner with health questions and concerns.