

## HOW TO INJECT INSULIN WITH A SYRINGE

These instructions are a *general* guide to injecting insulin with a syringe. Your healthcare team can work with you on how to properly and safely use a syringe.

1. **Gather your supplies with clean hands:** Insulin vial, syringe, and alcohol wipe.
2. **Look at your insulin.** Check expiration date on the side of the vial, if expired, do not use it. If you see clumps in the insulin, do not use it. If your insulin is cloudy, gently roll the vial between your hands until it all looks the same. Clear insulin does not need to be mixed.
3. **Clean the top of the insulin vial.** Wipe the top with an alcohol wipe.

4. **Prepare the syringe.** Take off the cap. Pull the plunger down to the number of units of insulin you will inject. Line-up the tip of the black plunger with the number on the syringe.



5. **Draw up the insulin into the syringe.** Stick the needle into the rubber top of the insulin vial. Push the plunger all the way down. Turn the insulin vial upside down with the needle inside of the vial. Make sure the tip of the needle is in the insulin. Pull the plunger down to the line for the number of units you will inject.



6. **Check for air bubbles in the syringe.** If there are air bubbles in the syringe, push down on the plunger to get the insulin back in the vial. Repeat step 5. When there are no air bubbles and the right amount of insulin is in the syringe, pull the needle out of the vial.



7. **Choose your injection site.** Your stomach is the best site but you can use your buttocks, thighs, or back of upper arms if someone else is injecting your insulin. Stay in the same general area but ROTATE where you inject within that area.
8. **Inject your dose.** Hold the syringe at a 90 degree angle to your skin, then stick the needle straight into your skin. Push the plunger all the way down to inject all of the insulin into your skin. Pull the needle out of your skin.
9. **Throw the needle and syringe away** in a sharps container right after using. Do not put the cap back on the needle.



**IMPORTANT:** Do NOT reuse syringes.