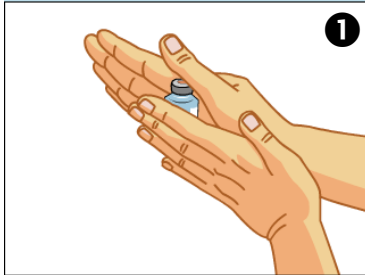


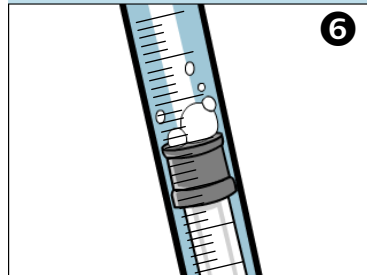
Diabetes Tips From:



How to inject insulin with a syringe



- 1** Wash your hands.
Check the insulin for lumps, crystals or discoloring.
Gently roll cloudy insulin between your hands until it is uniformly cloudy.
Never shake insulin.



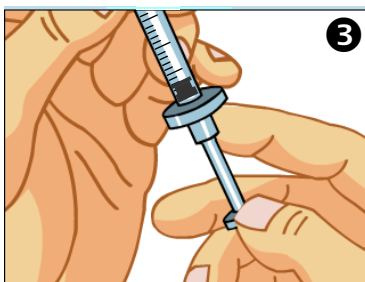
- 6** Look for air bubbles in the syringe. If there are air bubbles, push the insulin back into the bottle and start again from step 5.
When you have the right insulin units with no air bubbles, pull the syringe out of the bottle.



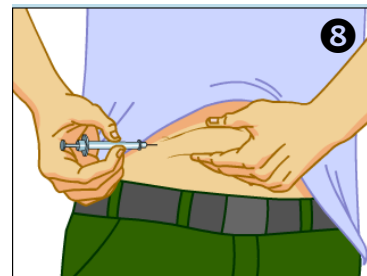
- 2** Wipe the top of the insulin bottle with an alcohol swab.



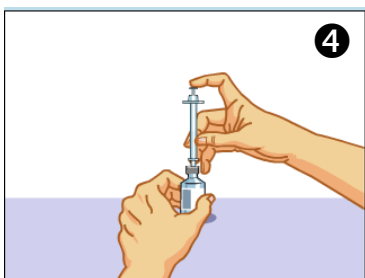
- 7** Clean a small area of skin with an alcohol swab, using a circular motion.
Let the alcohol dry completely before you inject.



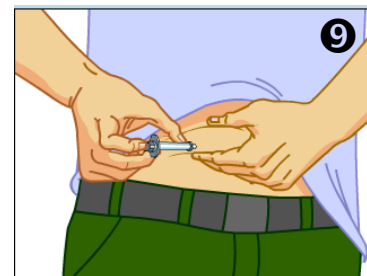
- 3** Pull the plunger down to let __ units of air into the syringe.
The units of air should equal the units of insulin that you plan to inject.



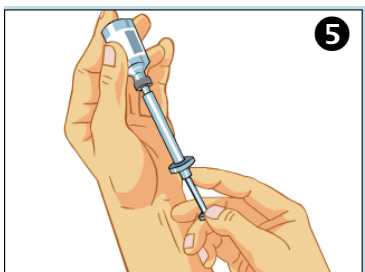
- 8** Pinch up the area of skin that you wiped with alcohol.
Hold the syringe like a pencil. Be sure the needle does not touch anything.



- 4** Push the air into the insulin bottle.
Leave the needle in the bottle.



- 9** Push the needle into the pinched skin at a 90 degree angle. Push the plunger to inject the insulin.
Release the pinch, then pull the syringe needle out of your skin.
If you notice a drop of blood, press a finger on the injection spot for a few seconds.



- 5** Turn the insulin bottle and syringe upside down.
Be sure the needle is in the insulin, not in the air space inside the bottle.
Pull the plunger down to get __ units of insulin into the syringe.



- 10** Place the used syringe into a sharps container.
Do not reuse the syringe.