



## Injecting Insulin Using a Syringe

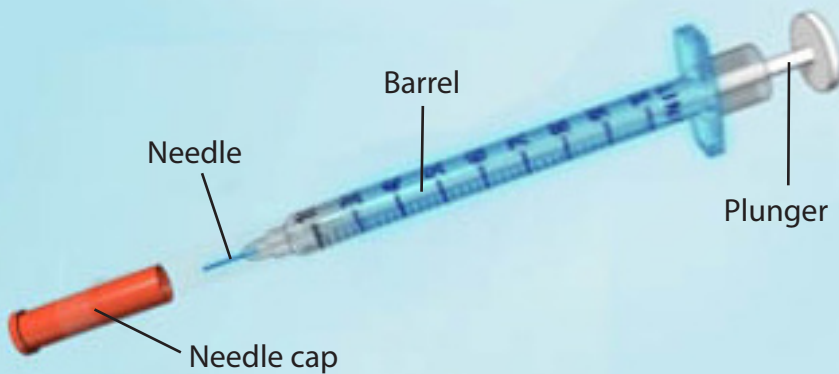
Your health care provider may recommend that you inject insulin using a syringe to help you control your blood sugar level. Injecting insulin with a syringe involves: choosing an injection site, preparing the syringe and insulin, and injecting the insulin into your body.

Your health care provider 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



### Selecting Your Injection Site

The areas for insulin injection include: the abdomen or belly, upper arms, the thighs and 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.
- Inject your insulin at least two inches from your belly button.

### Preparing Your Syringe and Insulin

1



#### Step 1

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

2



#### Step 2

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



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



## Preparing Your Syringe and Insulin Continued...



Before injecting yourself, make sure your insulin is:

- The type your doctor prescribed.
- Not past the expiration date.
- 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.



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

### Step 4

Remove the syringe from its package.

### 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 it to touch any surface.
- Do not 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 on a flat surface and 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 it 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 bubbles, tap the barrel of the syringe 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 lay it on a flat, clean surface.



Make sure the needle doesn't touch anything.

## Injecting the Insulin

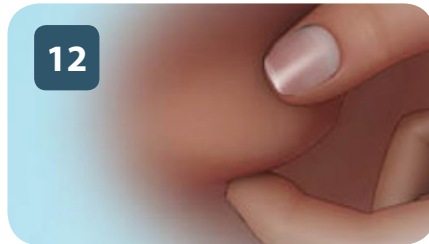
### Step 11

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



### Step 12

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

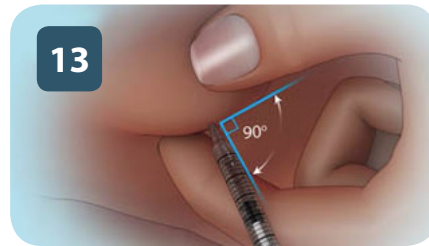


### Step 13

Hold the syringe like a pencil, and quickly insert the needle straight into your skin at a ninety-degree angle.

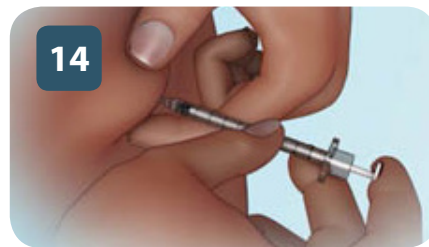


Make sure the whole needle enters your skin.



### Step 14

- 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 15

Pull the needle straight out to remove it.



### Step 16

Throw away the syringe into your sharps disposal container.



Never throw your syringes or needles directly into the trash.



### Contact your health care provider if:

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

### Watch online at:

[GMCmanagingdiabetes.com](http://GMCmanagingdiabetes.com)

This handout is intended to supplement the information you receive from your health care provider. This information should never be considered personal medical advice. Always contact your health care provider with questions or concerns.