Drawing Up Insulin from a vial

**Getting Ready**

1. Gather the needed supplies: Insulin, Insulin syringe, Alcohol pad
2. Wash your hands with warm water and soap. Dry your hands.
3. Check the label on the insulin bottle. Make sure it is the right kind
4. Check the expiration date on your insulin bottle. DO NOT use expired insulin

**Drawing up Insulin**

1. **For cloudy insulin**, roll the bottle of insulin between your hands until it is mixed. Do not shake the insulin bottle because this can cause air bubbles.

2. **Wipe off top of insulin bottle** with an alcohol pad. Then do not touch the top of the bottle

3. Take the syringe out of its package or remove the plastic cap.

4. Take off the needle cap and place it on the table. DO NOT touch the needle
5. Before drawing up insulin, you need to put air in the insulin bottle. Pull the plunger of the syringe down to the number of units of insulin you need. This draws air in the syringe. The syringe has small lines and numbers. Move the plunger so the dark end closest to the needle matches the number of units you need.

6. Carefully put the needle through the rubber stopper of the insulin bottle. Push the air into the bottle by pushing the plunger all the way down. Keep the bottle in an upright position. Putting air in the bottle makes it easier to get insulin out of the bottle.

7. Turn the bottle upside down with the syringe still in place. Support the needle in the bottle so it does not bend. Pull the plunger down to the number of units of insulin you need.

8. Look at the insulin in the syringe. Check for air bubbles in the syringe. Air bubbles will not hurt you, but will take the place of insulin.

   If you see air bubble(s):
   
   • Tap the syringe firmly with your finger tip to move the bubbles to the top of the syringe
   • Push the plunger up a few units until the air bubbles go back into the insulin bottle
   • Pull down on the plunger and fill the syringe with the correct amount of insulin
   • Check again for air bubbles

9. Take the needle out of the insulin bottle.
Giving Insulin

1. Clean site with soap and water or with alcohol pad, let the alcohol dry. If you have just showered or bathed, you do not need to clean the site again.
2. Pinch up and hold the skin of the site with one hand. Hold the syringe like a dart or pencil as shown in the picture

3. Put the needle straight into the skin at a 90 degree angle. Straight up and down

4. Let go of the pinched skin
5. Push the plunger on the syringe all the way down until all the insulin is in. Slowly count to 10 and pull the needle out
6. Remove the needle
7. Check the site for any redness, bleeding, or bruising. Do not massage the area

Clean up the supplies

1. Put the used syringe and needle into a puncture proof container. You can use a heavy puncture resistant plastic container with a lid. DO NOT recap the needle. Throw away all other supplies in the trash
2. Be sure to store new and used syringes and needles out of reach of children and pets.
3. Wash your hands again
4. Talk to your doctor or nurse if you have any questions or concerns