

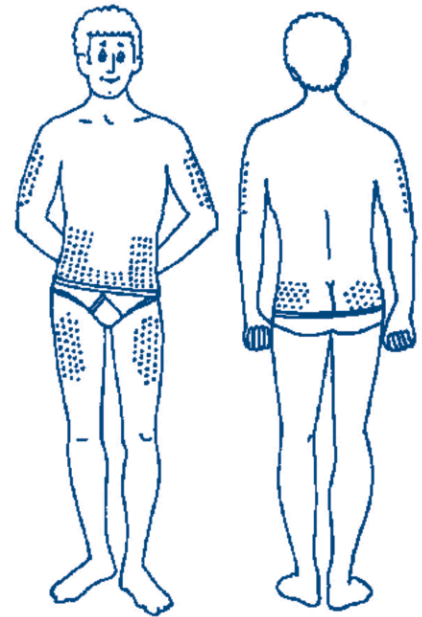
# INJECTING INSULIN

Insulin needs to be given by a shot into the fat under the skin. The needles are very tiny and slide easily into the skin.

The dots on this picture show where the insulin can be given.

### Be Careful:

- Do not always inject in the same spot.
- Do not inject near your belly button.
- Do not inject near moles or scars.
- Do not inject in areas with a rash.



### Injecting Insulin:

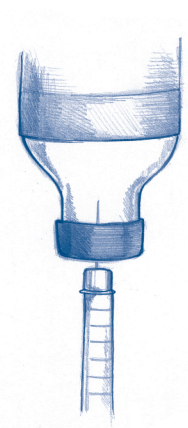
1. Wash and dry your hands.
2. Pick a clean, dry part of your body.
3. Make sure you are using the correct insulin.
4. If your insulin is cloudy, roll it gently between your hands to mix it. Do not shake it.
5. Take the caps off the insulin syringe. There are probably two caps, one for the plunger and one over the needle.
6. Pull the plunger to the number of units you use to fill it with air.
7. Put the needle in the insulin and push the air into the bottle.

Place label here.

# Starting Insulin – a patient guide

## INJECTING INSULIN

8. Pull out the number of units you need.
9. Look for air bubbles in the syringe. Tap the syringe to move air bubbles to the top and gently push them out with the plunger.
10. Use the insulin immediately.
11. Gently grab a fold of fatty skin between your fingers.
12. Push the needle into the skin and push the plunger to get the insulin into your body.
13. Wait a few seconds before you pull out the syringe.
14. Do not rub the area. Write down the amount of insulin you used, the time you gave it, and where you put it.



### Using an insulin pen:

1. Wash and dry your hands.
2. Pick a clean and dry site.
3. Turn the dial on your insulin pen to the number of units you need.
4. Some pens need to be “primed” first. Ask your healthcare provider about this.
5. Gently grab a fold of fatty skin between your fingers.
6. Push the needle into the skin and press down on the plunger.
7. Hold the pen in for 5 seconds.

**Your healthcare provider can help you learn how to inject insulin using a syringe or a pen.**