

Part 1: How to draw insulin from a vial

Gather your supplies



1. Vial



2. Syringe and plunger



3. Swab

Preparation

Follow these steps to prepare your single or mixed dose insulin



1. **Gather your supplies**
(syringe, insulin, alcohol swabs)



2. **Wash your hands** with soap and running water then dry your hands thoroughly



3. **Roll the vial of insulin (if the insulin is cloudy)** between the palms of your hands to mix it and/or warm it up to body temperature



4. **Clean the rubber stopper** on the vial with an alcohol swab

Part 2: How to draw a dose (mixed)

If you are drawing a MIXED (clear + cloudy insulin) dose

After completing part 1 (preparation), follow these steps to draw a **MIXED** dose of insulin into the syringe



1. **Draw air into the syringe** to the level prescribed for your **cloudy insulin** dose



2. **Insert the syringe into the cloudy vial** and inject the air dose into the vial by pushing down the plunger - remove the syringe without drawing insulin



3. **Draw air into the syringe** to the level prescribed for your **clear insulin** dose



4. **Inject the air dose** into the clear vial in an upright position



5. **Turn the vial and syringe upside down** - ensure the needle tip is covered by the liquid



6. **Slowly pull back the plunger** to withdraw clear insulin to the level prescribed



7. **Remove the partly filled syringe** from the clear vial and insert it in the vial of cloudy insulin



8. **Turn the vial and syringe upside down** and slowly withdraw to the level prescribed for total amount of insulin (**clear + cloudy**)

Part 3: How to inject insulin

Step-by-step guide to injecting insulin into your chosen site



1. **Clean your chosen site** with water and tissue



2. **Lift the skin with your thumb and finger on the chosen site.** With your other hand, hold the syringe (like a pencil, keeping fingers off the plunger) close to the chosen site at a 90 degree angle



3. **Push the syringe all the way** into the lifted skin fold, then push the plunger all the way down to deliver insulin into the fatty tissue



4. **Withdraw the needle from the skin** at the same angle that it was inserted and then release the skin fold