

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 (single)

If you are drawing a **SINGLE** dose

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



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



2. **With the vial standing upright**, inject the air dose into the vial by pushing down the plunger



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



4. **Pull back the plunger** to withdraw insulin to the level of the prescribed dose



5. **Gently flick the side of the syringe** to remove air bubbles, if needed

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