Giving Yourself Insulin

Insulin Syringe Instructions

1. Wash your hands.

2. Mixing Insulin: If you have cloudy insulin, you must gently roll bottle between hands to mix.

3. Place needle into vial.

4. Draw up dose.

5. Select injection site and clean area. Recommended sites: A, B and C.

6. Inject insulin. Count to 10 before removing.

Learn more about Scripps Whittier Diabetes Institute, visit scripps.org/diabetes or call 1-877-WHITTIER (944-8843).
Giving Yourself Insulin

Insulin Pen Instructions

1. Wash your hands.
2. Attach pen needle.
3. Dial 2 units of insulin.
4. Waste 2 units of insulin.
5. Dial ordered insulin dose.
6. Select injection site and clean area. Recommended sites: A, B and C.
7. Inject insulin: count to 10 before removing.
8. Place used needle in sharps container.

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