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.

4. Draw up dose.

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

3. Place needle into vial.

6. Inject insulin. Count to 10 before removing.

7. Place used needle in sharps container.

Learn more about Scripps Diabetes Care & Prevention, visit scripps.org/diabetes or call 1-858-678-7050
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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