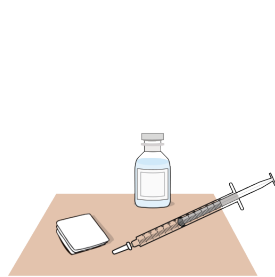


How to Give Mixed Insulin Injection

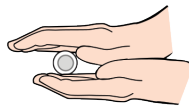
Preparation



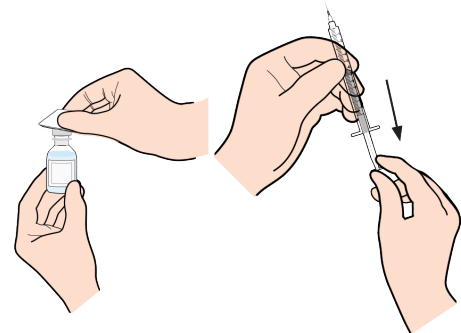
1. Prepare the insulin bottle, insulin syringe and alcohol swab



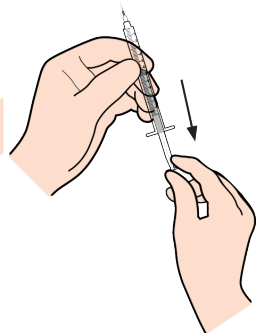
2. Wash your hands



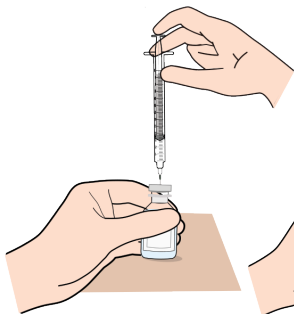
3. Roll the insulin bottle between your palms



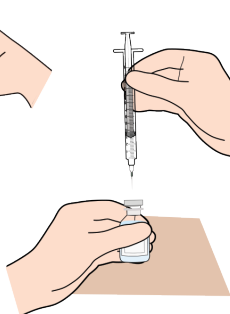
4. Wipe the top of the insulin bottle with an alcohol swab



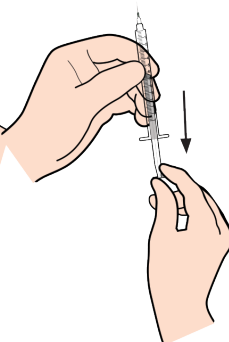
5. Draw ___ units of air for a cloudy insulin dose



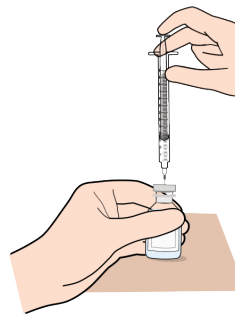
6. Push air into cloudy insulin bottle



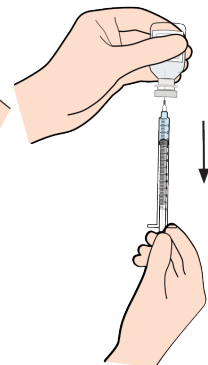
7. Remove the needle



8. Draw ___ units of air for clear insulin dose



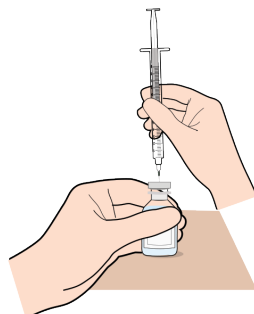
9. Push air into clear insulin bottle



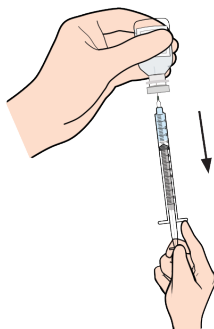
10. Invert to draw clear insulin dose



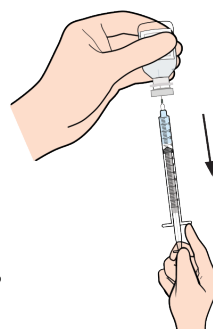
11. Get rid of air bubbles and remove needle



12. Insert needle into cloudy insulin bottle



13. Invert to draw cloudy insulin



14. Pull plunger down to the total dose. Total dose = clear ___ + cloudy ___

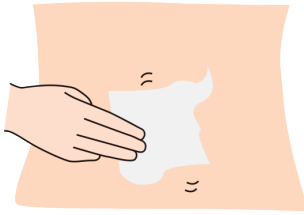


15. Check for correct dose. Pull needle out of insulin bottle. You are now ready to inject

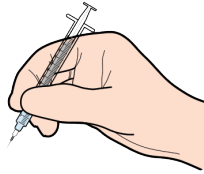


16. If you draw too much out, discard and start over

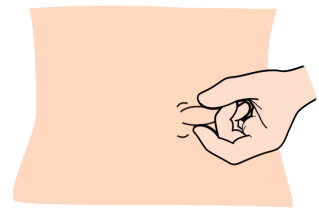
Injecting Insulin



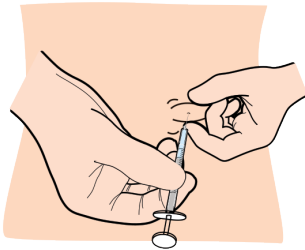
1. Clean skin with soap and water or alcohol wipes



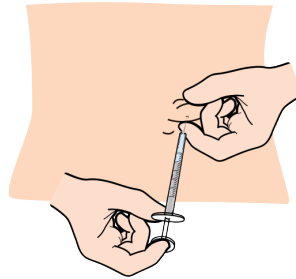
2. Hold the needle like a pencil



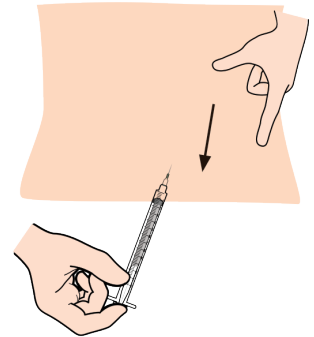
3. Pinch up skin



4. Push needle straight into skin



5. Push plunger down and hold for **10 seconds** before removing syringe from the skin



6. Let go of pinch and pull needle out



7. Throw needle away safely

Reference: Joslin Diabetes Centre. (2001). *Diabetes and You*. Boston, MA

The Diabetes & Endocrinology Clinic offers one-stop accessible care to patients and is staffed by experienced endocrinologists, diabetes nurse educators, podiatrists and dietitians to manage patients' diabetes, thyroid problems, obesity and other related disorders. Patients with lipid, calcium and bone disorders, pituitary disorders, adrenal disorders and endocrine hypertension can approach us to find out more.

Ng Teng Fong General Hospital

1 Jurong East Street 21, Singapore 609606

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.ntfgh.com.sg

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

© 2022, Ng Teng Fong General Hospital. All rights reserved. No part of this publication may be reproduced or shared without prior permission from Ng Teng Fong General Hospital.

Information is correct at time of printing Nov 2022 and subject to revision without prior notice.