

How to Give Single Insulin Injection

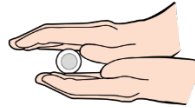
Preparation



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



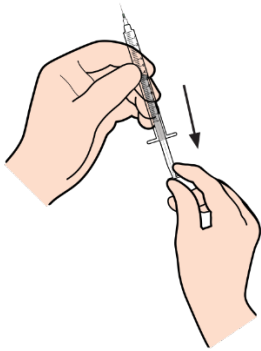
- 2.** Wash your hands



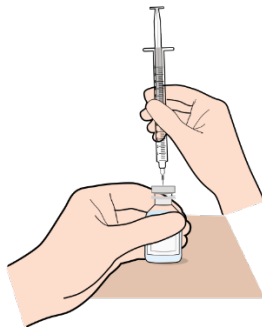
- 3.** Roll the insulin bottle between your palms



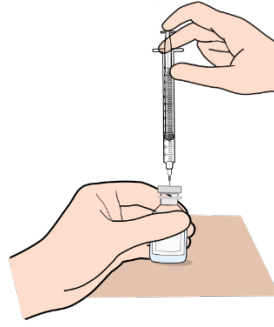
- 4.** Wipe the top of the insulin bottle with an alcohol swab



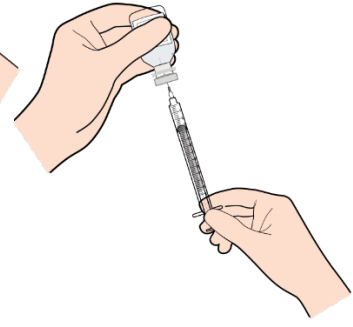
- 5.** Pull plunger down to __ units



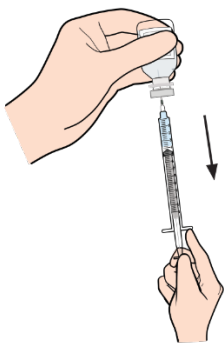
- 6.** Push needle into insulin bottle



- 7.** Push the plunger down to push air into insulin bottle



- 8.** Turn insulin bottle upside down

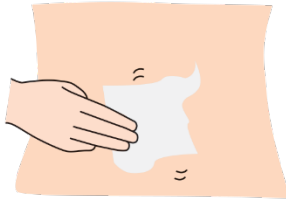


- 9.** Pull plunger down to __ units. Check for air bubbles. If air bubbles are present, push insulin back into bottle and re-draw insulin



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

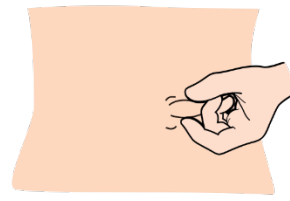
Injecting Insulin



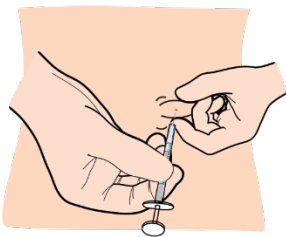
1. Clean skin with soap and water or alcohol wipes



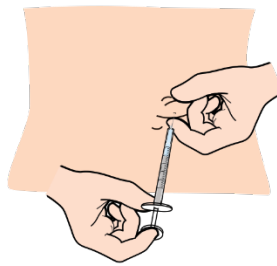
2. Hold the needle like a pencil



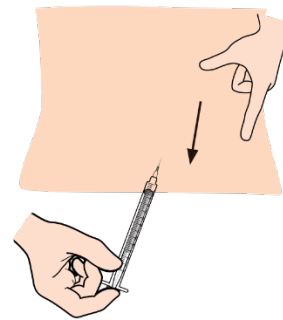
3. Pinch up skin



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.

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