

# INSTRUCTIONS FOR INSULIN INJECTION USING ONE BOTTLE OF INSULIN

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## Instructions For Insulin Injection Using One Bottle Of Insulin

- Wash your hands.
- Pick up the bottle and turn it upside down.
- Roll the bottle gently between your hands to mix the insulin.
- Set the bottle back on the table.
- Wipe the top of the bottle with alcohol.
- Remove the caps from the top and bottom of the syringe.
- Pull the plunger down to the correct unit mark for your insulin dose as ordered.
- Leave the bottle on the table.
- Insert the needle into the bottle.
- Push the plunger down to inject air into the bottle.
- Leave the needle in the bottle.
- Turn the bottle upside down with the needle in it.
- Hold the bottle at eye level.
- Pull the plunger down to the correct unit mark for your insulin dose.
- Look for air bubbles in the syringe.
- If you see air bubbles in the syringe, push the insulin back into the bottle and repeat steps 14 and 15.
- Check that the dose is correct.
- Pull the bottle away from the needle.

- Set the bottle on the table.
- Set down the syringe. Do not let the needle touch anything.
- Pinch or spread the skin for the injection site.
- Wipe the area with alcohol. Let the alcohol dry.
- Pick up the syringe. Hold it like a dart.
- Insert the needle straight into the skin at a 90-degree angle. Make sure the needle is in all the way through the skin.
- Push down the plunger to inject the insulin. Count to five.
- Pull out the needle while applying pressure to the area with an alcohol swab.
- Discard the needle and syringe as advised.

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