

INSTRUCTIONS FOR INSULIN INJECTION USING TWO BOTTLES OF INSULIN

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Instructions For Insulin Injection Using Two Bottles Of Insulin

- Wash your hands.
- Pick up the CLOUDY 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 both (clear and cloudy) bottles with alcohol.
- Remove the caps from the top and bottom of the syringe.
- Pull the plunger down to the correct unit mark for your CLOUDY insulin dose as ordered.
- Insert the needle into the CLOUDY bottle.
- Push the plunger down to inject air into the CLOUDY bottle.
- Withdraw the empty syringe from the bottle. Set the bottle aside.
- Pull the plunger down to the correct unit mark for the CLEAR insulin dose as ordered.
- Insert the needle into the CLEAR bottle.
- Push the plunger down to inject air into the CLEAR 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 the CLEAR 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 17 and 18.
- Pull the bottle away from the needle, and set aside the CLEAR bottle.
- Pick up the CLOUDY bottle of insulin.
- Turn the CLOUDY bottle upside down and push the needle into the bottle. Be very careful not to move the plunger.
- Pull the plunger down and withdraw the correct number of units for the CLOUDY insulin.
- The plunger should now be on the unit mark showing the total units of both the CLEAR and CLOUDY types of insulin. For example, 6 units of CLEAR insulin are already in the syringe. Add 14 units of CLOUDY insulin for a total of 20 units in the syringe.
- Pull the bottle away from the needle. Set both bottles on the table.
- Look for air bubbles in the syringe.
- If you see air bubbles, discard the dose and begin again.
- Set the syringe down. Do not let the needle touch anything.
- Pinch or spread the skin at the chosen 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 all the way through the skin.
- Push the plunger down to inject the insulin. Count to five.
- Pull the needle out while applying pressure to the area with an alcohol swab.
- Discard the needle and syringe as advised.

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