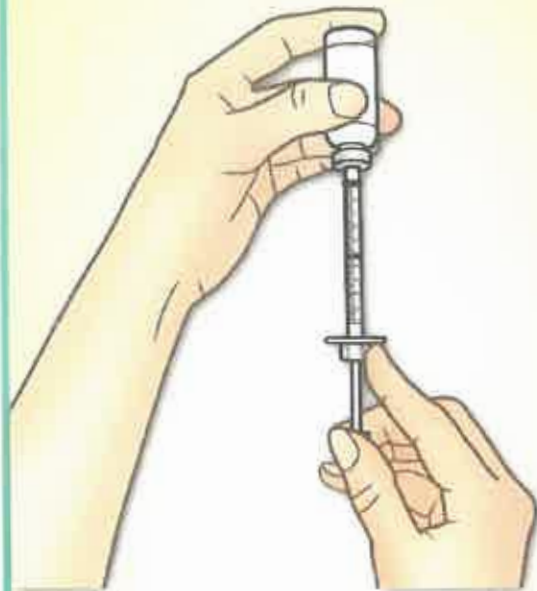


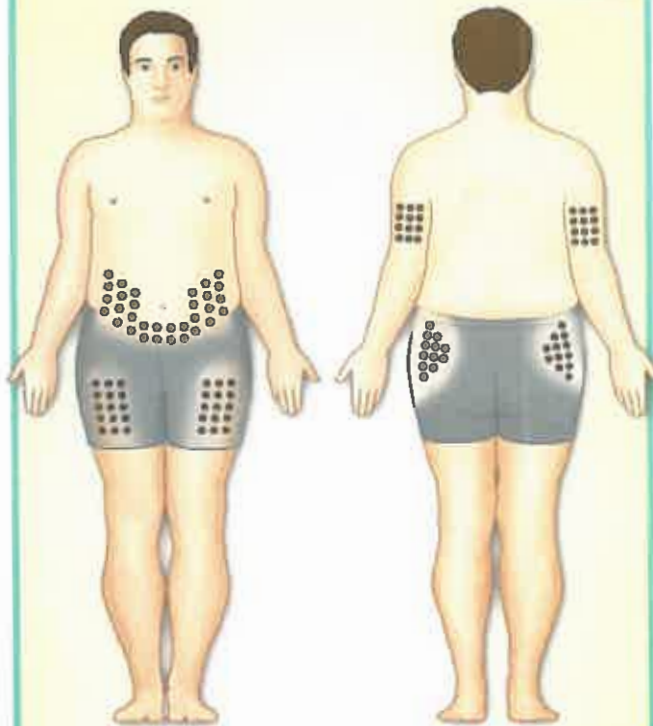
Using an Insulin Syringe: Easy as 1-2-3

1 Get Ready



- Gather your supplies.
- Determine your dose.
- Draw it up.

2 Get Set



- Select your site.
- Make sure it is clean.

3 Go



- Hold syringe like a pencil. Pinch up. Push straight into skin.
- Push plunger in.
- Let go of pinch and remove needle.

Drawing Up Insulin – Single Dose



1. Roll the bottle, if using cloudy insulin, until insulin is mixed.



2. Wipe top of bottle with alcohol swab.



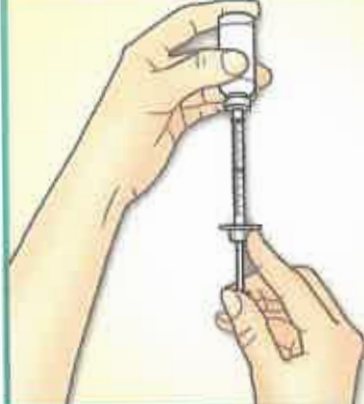
3. Take caps off of needle and plunger. Pull plunger down to _____ units.



4. With bottle on table, put needle into bottle. Push plunger down to push air into bottle.



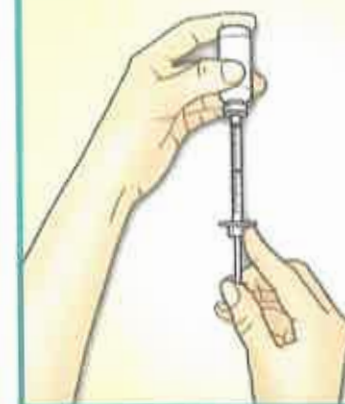
5. Turn bottle upside down.



6. Pull plunger half-way down to draw insulin into the syringe.



7. Push insulin back into bottle.



8. Pull plunger to _____ units. Check for air bubbles. If air bubbles are present, push insulin back into bottle and repeat steps 7 & 8.

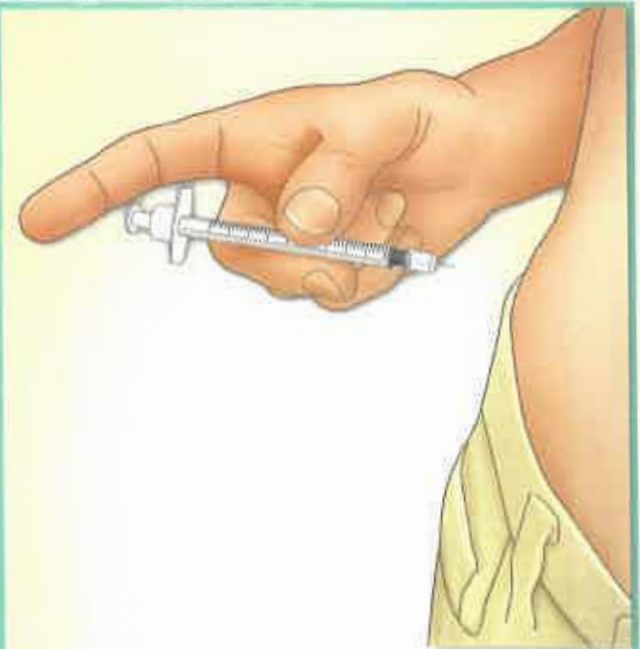
Step-by-Step: Injecting Insulin with a Syringe



**Hold syringe
like a pencil.**



**Pinch up skin
and inject.**



**Let go of pinch and
remove needle.**