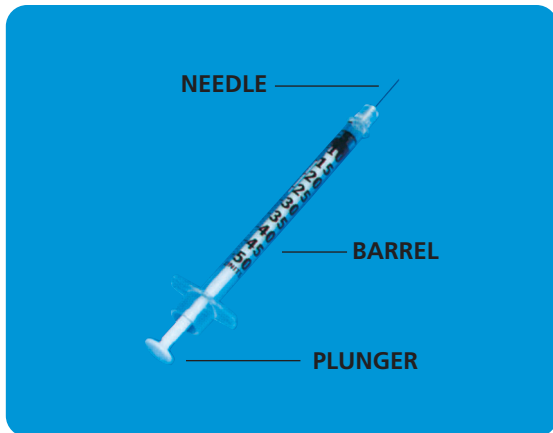


HOW TO GIVE YOUR INSULIN

A guide for
people who
use one kind
of insulin

PARTS OF A SYRINGE

1, 2



- Wash your hands with soap and water.

BD ALCOHOL SWAB

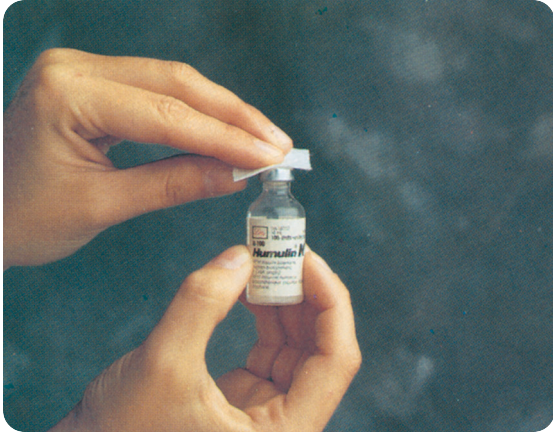


- It is a small pad soaked with alcohol.
- It should be used to clean the top of your insulin bottle and your injection site.



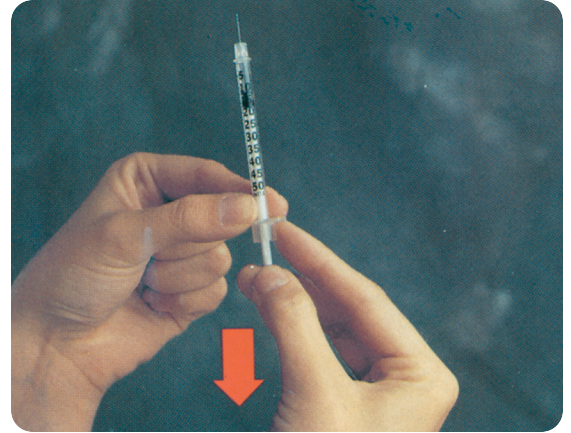
- Mix your cloudy insulin by rolling the bottle between your hands.

3



- Wipe the top of the insulin bottle with a **BD** alcohol swab.

4



- Pull the plunger down to put air in your syringe.
- The amount of air needed is the same as the amount of insulin you take.

YOU TAKE _____ UNITS
IN THE A.M.

AND _____ UNITS
IN THE P.M.

5



- Push the needle through the rubber top of the insulin bottle.

6



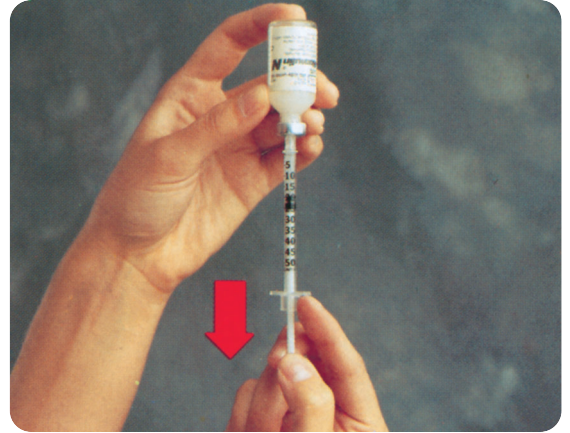
- Push the air into the insulin bottle.
- Leave the needle in the insulin bottle.

7



- Turn the insulin bottle and syringe upside down.

8



- Pull down on the plunger to get insulin into the syringe.
- Be sure to get the right number of units.

9



- Look for air bubbles in your syringe.
- Air in the syringe means you get less insulin.
- One way to get rid of air is to tap the side of your syringe. This brings the bubbles to the top of the syringe so you can push them out.
- Push the bubbles out by gently pushing the plunger in until the bubbles are gone. Check your syringe to make sure you have not lost any insulin.
- Your nurse can show you other ways to get rid of air bubbles.

10



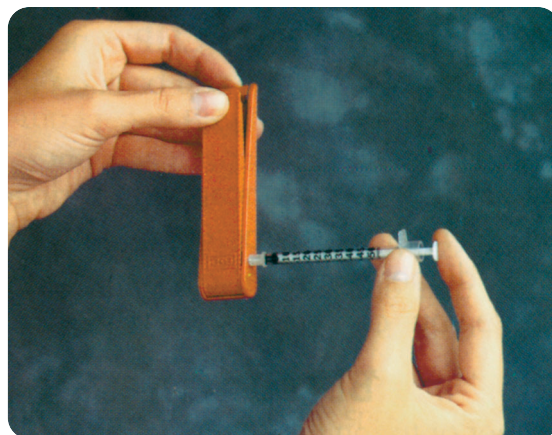
- Put the syringe on a clean surface while you get your site ready.
- If the needle touches anything, you must throw it away and start again with a new syringe.
- Clean a small area of skin with a **BD** alcohol swab. If you let the alcohol dry before you inject, your shot will hurt less.

11



- Using the hand you write with, hold the syringe like a pencil.
- Gently pinch up a fold of skin.
- Put the needle straight in.
- Push all the insulin into your body by pushing the plunger all the way down.
- You can do it at your own speed.

12



- Using the **BD SAFE-CLIP™** needle clipper, take the needle off the syringe before you throw it away.
- Do not break the needle off with your hands.
- Do not throw needles into the garbage. Ask your diabetes nurse about safe ways to throw away needles.

WARNING TO THOSE GIVING SHOTS TO OTHER PEOPLE

- If you give a shot to another person, do **not** use the **BD SAFE-CLIP™** needle clipper or try to put the cap back on the needle after you have used it.
- Throw the used, uncapped, syringe into a medical sharps container. Ask your diabetes nurse or pharmacist where you can get this container.
- Using the **BD SAFE-CLIP™** needle clipper or trying to put the cap back on someone else's used needle can result in a needle-stick injury.
- Needle-stick injuries can give you serious diseases.
- Any container holding used needles should have a lid on it. Keep it out of reach of children.
- Ask your diabetes nurse or public health unit what to do when the container is full.

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