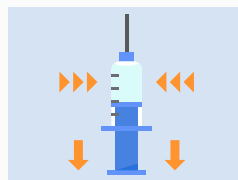


How to inject insulin with a syringe

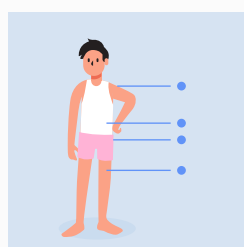
- The syringe should be selected based on the number of insulin units you will be taking and the length of its needle.
- The shortest syringe needle currently available is **6 mm** long.
- Using this size of needle is less painful and reduces the risk of injecting insulin into muscle.
- Injection is performed **with or without a skin fold** according to the **needle size and the injection site to be used**.



- 1** Wash your hands with soap and water and prepare your equipment on a clean surface.



- 8** If there are air bubbles, pull the plunger down and tap the side of the syringe to send the bubbles upwards.



- 2** Choose where you will be injecting your insulin and make sure your skin is clean in that area.
Remember to rotate sites with each injection.



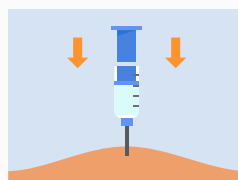
- 9** Then, push the plunger gently to let the air out.



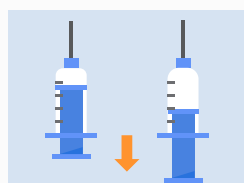
- 10** Check your insulin dose and adjust it precisely.



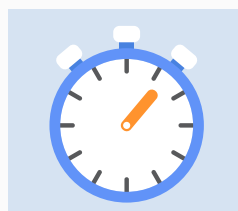
- 3** Disinfect the insulin vial with an alcohol swab.
If the insulin is cloudy (e.g., NPH insulin or Humulin N), mix the contents by inversion (do not shake it). Roll the vial 10 times and flip it 10 times, then check that the insulin looks evenly mixed.



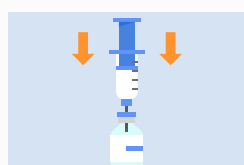
- 11** Insert the syringe into your skin and inject the insulin, following the appropriate method for the size of your needle.



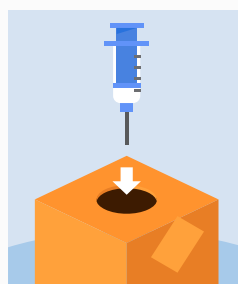
- 4** Fill your syringe with the same amount of air as the amount of insulin you will be taking.



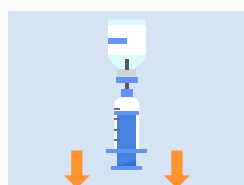
- 12** Hold the syringe in place for five seconds. Keep hold of the skin fold as well if necessary.



- 5** Insert the needle straight into the vial and push the air out into it.



- 13** Remove the syringe at the same angle as you inserted it and immediately dispose of it in a suitable container.



- 6** Hold the vial upside down and pull on the plunger to draw up the necessary amount of insulin.



- 7** Remove the needle from the vial. Point the syringe's needle upwards and make sure there are no air bubbles in the syringe.

ONE INJECTION = ONE SYRINGE
NEVER reuse syringes!