

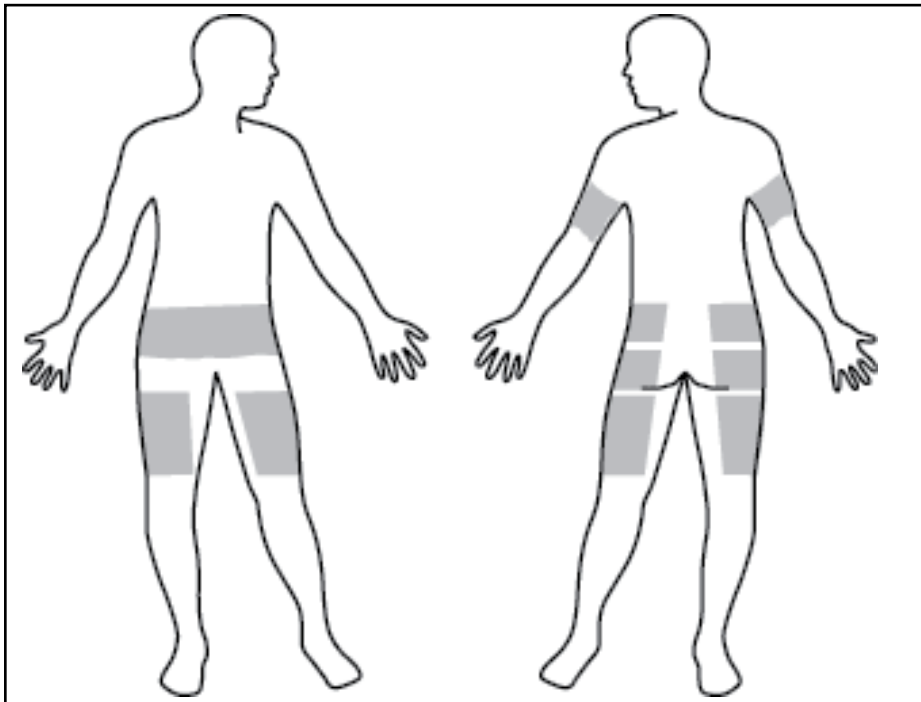
# How to Give an Insulin Injection (Shot)

## Instructions

- Use the following instructions when injecting insulin for diabetes.
- Do not mix your diabetes medicine with any other medicines.

## Where to Give Shots

- Choose an injection area in your abdomen, upper or outer thigh, the back of your upper arms, or the buttocks.



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The areas in gray are locations for giving insulin injections (shots).

## How to Give Shots

1. Collect all of your supplies and place them on a clean surface, like a clean cloth or paper towel.
2. Wash your hands before starting.

3. Remove the cap from the insulin bottle.



(over)

4. Using friction, wipe the top of the insulin bottle with an antiseptic like alcohol, Betadine® or Chloraprep®.



5. Use a new syringe. Pull the plunger to draw air into the syringe. The amount of air should equal the amount of insulin being drawn up. Take off the needle cover.



6. Gently push the needle through the rubber on the cleaned insulin bottle. Push the plunger of air into the bottle.



7. Hold the bottle and syringe in one hand. Keep the top of the needle in the bottle. Turn it upside down. You may need to adjust your needle to keep it in the solution. Use your other hand to move the plunger back to draw the dose into the syringe.



8. Check the syringe for air bubbles. Too much air means your dose is not right. Push the plunger up so the insulin goes back into the bottle. Redraw the dose. Tapping the syringe with your finger may help the air bubbles go to the top of the syringe. If bubbles remain at the top, push the plunger to remove bubbles.



9. Pull the bottle off the needle and check your dose. Cover the needle tip with the needle guard or put the syringe down on a sterile surface, like on a sterile gauze. Make sure the needle does not touch anything.



10. Choose an injection area in your abdomen, upper or outer thigh, the back of your upper arms, or the buttocks. Inject the insulin in that area for 2 weeks, choosing a different spot each time. After 2 weeks, move to another injection area.

11. Slowly press down on the plunger. Make sure you inject all of the insulin. Pull the needle straight out and put light pressure on the injection site. Do not rub or put lotions, creams, or ointments or powder on the area.

12. Throw away the needle in a container that has been approved by your waste management company. Do not wrap the needle and throw it away in the regular garbage.