

INSULIN INJECTION TECHNIQUE

Insulin:

Insulin Storage

- Unopened insulin vials or pens should be kept in the refrigerator
- Do not freeze insulin
- Once the vial or pen is opened, it may be kept at room temperature (not above 90 degrees)
- Once the vial or pen is opened, it is good for 28 days, or the expiration date on the bottle, whichever comes first
- Insulin should be colorless, no cloudiness or yellowing



Site Selection:

Insulin can be injected into the fatty parts of the:

- Upper back of arms
- Abdomen
- Outer Thighs
- Upper Buttocks



Notes: Do not inject 2-3 inches around or inside of the belly button
You must rotate sites to prevent nodules (tender hardened areas) from forming!
 If leaking from injection site is noted, please call **832-822-3670** and speak to a Diabetes Educator.
 Unless otherwise instructed, insulin should be given **15-20 minutes before** the meal

Drawing and mixing Insulin:



Step 1:
Inject Air
into Long
Acting
Insulin
(Lantus or
Levemir)



Step 2:
Inject Air
into Short
Acting
Insulin
(Humalog or
Novolog)



Step 3:
Draw out
Short Acting
Insulin Dose
(Humalog or
Novolog)



Step 4:
Draw out
Long Acting
Insulin Dose
(Lantus or
Levemir)

Note: When mixing insulin you will be taking 3 shots a day

Administration of Insulin with Insulin Syringe:

- Only insulin syringes should be used
- Select site
- Clean site with alcohol and allow to air dry
- Pinch area to raise skin
- Inject insulin at a 90 degree angle (45 degree angle for children with less fatty areas)
- Hold needle in place and count to 5
- Release pinch
- Remove needle at same angle as injected
- Dispose of sharps as directed by your sanitation department.



Insulin Pen Use:

1. Remove the pen cover or cap and clean the top with an alcohol swab.



2. Pen needle preparation.
 - a. Pull the paper tab off of the pen needle.
 - b. Screw the pen needle onto the insulin pen.
 - c. Remove the clear outer needle cover and colored inner needle cover to expose the needle.
3. Prime the pen needle.
 - a. Turn the dial up to 2 units.
 - b. Press down on the dose knob until the dial is back at zero.
 - c. Repeat until insulin drops or stream appears.
4. Select the dose
 - a. Turn the dial to the dose given to you by your provider.
 - b. Double check the dose window to assure you have selected the proper dose.



5. Select the injection site and clean with alcohol and allow to air dry completely.
6. Injecting insulin
 - a. Insert the needle at a 90 degree angle.
 - b. Use your thumb to press down on the dose knob until it is back at zero.
 - c. Hold the needle in place for 10 seconds to prevent leaking.
 - d. Pull the needle straight out of the skin.
7. Store the insulin pen for future use
 - a. Place the outer needle cover over the needle and twist it to unscrew the needle from the pen.
 - b. Throw the used needle away as directed by your sanitation department.
 - c. Place the outer pen needle cover back on the pen.

Note: When using insulin pens you will be taking 5 shots a day.