



Tips For Injecting Your Insulin

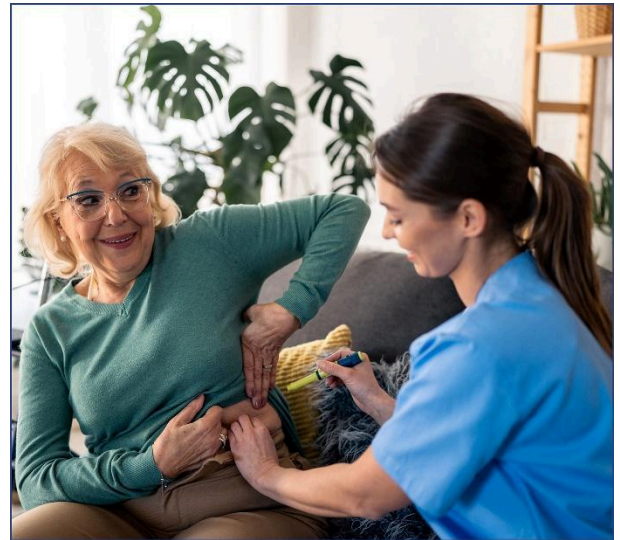
Many people feel uneasy around sharps. But with some practice and expert guidance, you can make insulin administration a seamless part of your day.

Basic Steps for Using a Syringe and Vial:

- Wash your hands and gather your supplies.
- Gently roll the vial or pen if using long-acting insulin (skip this if using fast-acting, clear insulin).
- Double check the insulin vial for the type of insulin and use-by and expiration dates.
- Clean the top of the vial with an alcohol swab (pop off the top if using a new vial). Or, for a pen, attach a new pen needle.
- For a syringe, pull back air to equal the amount of insulin you'll be drawing up and inject it into the vial. Then turn the vial upside down (with the syringe in it) and draw up the insulin you need. Check for bubbles and tap them gently to the top. Push the plunger to get them out, then remove the needle from the vial.
- For a pen, prime the pen with 2 units of insulin (you should see a drop of insulin) and then dial up your prescribed dose.
- Double-check the dose, clean the injection site with alcohol, pinch the skin, and inject into the abdomen, arms, and thigh.
- If using a pen, count to 10 before pulling the needle out of your skin (so no insulin leaks out).

Beyond the Basics, a Few Tips to Make Injecting Insulin Even Easier:

- Set a reminder alarm until taking insulin injections becomes a habit.
- Keep a log to record injections — include the time, dose, and site where you gave it.
- Room temperature insulin can burn less, so if it's bothering you, let the syringe warm up on the counter before injecting.
- If the needle hurts, gently ice the area first, then clean it with an alcohol wipe.
- Have a friend or family member give you insulin in hard-to-reach places.
- Lean your arm on a chair back or corner of a table to push the fatty area into reach.



Know How & Where to Dispose of Your Insulin Supplies

Some insulin supplies need to puncture your skin to deliver medication (needles and syringes) or to get a blood sample (fingerstick devices, or lancets). These are “sharps,” and they can be dangerous when not properly handled. So, to keep yourself and others safe, make sure to properly dispose of them.

The FDA recommends placing all needles in a sharps container after using them. You can buy FDA-cleared containers at your pharmacy or online. The American Diabetes Association (ADA) recommends making your own sharps container. For example, you can use a laundry detergent bottle. Whatever you choose, the container should be made of heavy-duty plastic and also be leak- and puncture-resistant. And you should be able to close it with a tight-fitting lid. Check the rules for disposing of sharps containers where you live, since they can vary depending on your location.

BHI At Home is here for you. Please contact our office for more information.

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