

# How Do I Inject With an Insulin Syringe?

## 1 Gather supplies

alcohol wipes



insulin



syringe

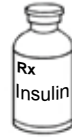


## 2 Wash hands



Use soap and water, hand sanitizer or alcohol wipes.

## 3 Check insulin bottle



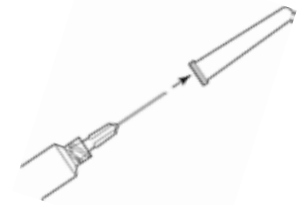
Make sure you have the correct type of insulin.

## 4 Clean top of bottle



Clean top with alcohol wipe.

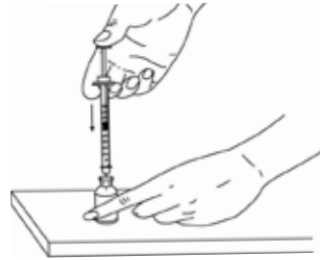
## 5 Remove needle cap



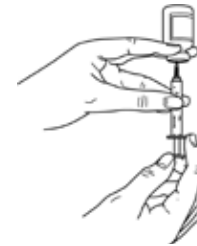
## 6 Prepare the syringe



Hold up syringe. Pull plunger down to the number of units you need.



Hold bottle firmly on a counter or table. Insert needle through rubber top. Push down plunger to force air into bottle.



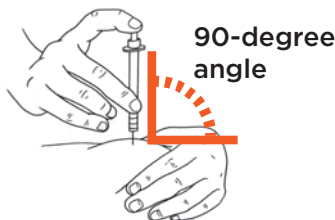
Turn bottle upside down. Pull back plunger to draw up insulin.



Remove syringe from bottle. Flick lightly to remove any air bubbles.

## 7 Inject

Insert needle at 90 degrees. Push insulin into skin. Remove needle.



## 8 Dispose of syringe

Put syringe in a sharps container. When sharps container is  $\frac{3}{4}$  full, bring it to a pharmacy or a sharps container dropoff location.



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