

如何使用胰岛素注射器注射?

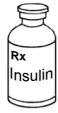
How Do I Inject With an Insulin Syringe? / Simplified Chinese

1 取出用品

酒精湿巾

胰岛素

注射器

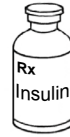


2 洗手



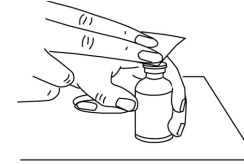
使用肥皂水、洗手液或酒精湿巾。

3 检查胰岛素瓶



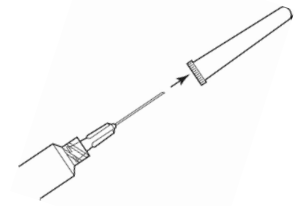
确保胰岛素种类正确。

4 清洁瓶盖

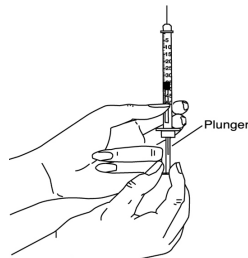


用酒精湿巾清洁瓶盖。

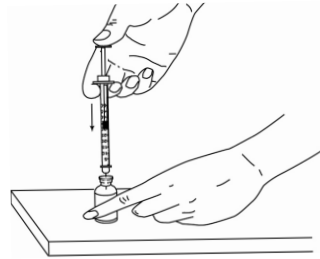
5 取下针帽



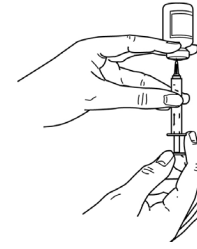
6 准备注射器



举起注射器。将柱塞向下拉到所需的单位数。



将胰岛素瓶稳稳地放在台面或桌子上。将针头插入橡胶顶部。向下推柱塞，将空气推入瓶内。



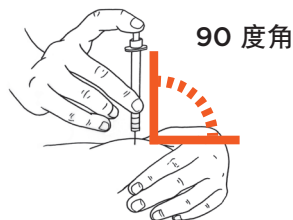
倒置胰岛素瓶。往回拉柱塞以抽取胰岛素。



从胰岛素瓶上取出注射器。轻弹注射器，清除气泡。

7 注射

垂直 (90 度) 插入针头。将胰岛素推入皮肤。取下针头。



8 注射器的处置

将注射器放入锐器容器中。在锐器容器装满 $\frac{3}{4}$ 之后，将其带到药房或锐器容器回收点。



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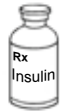
How Do I Inject With an Insulin Syringe?

1 Gather supplies

alcohol wipes



insulin



syringe

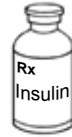


2 Wash hands



Use soap and water, hand sanitizer or alcohol wipes.

3 Check insulin bottle



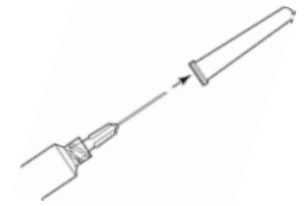
Make sure you have the correct type of insulin.

4 Clean top of bottle

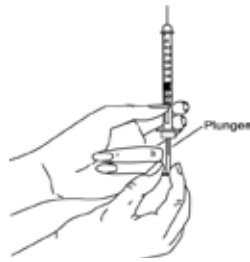


Clean top with alcohol wipe.

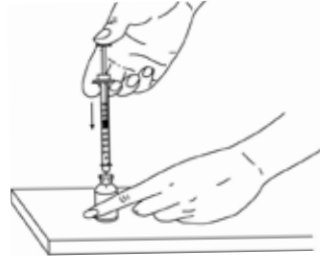
5 Remove needle cap



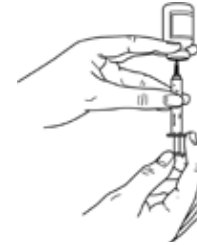
6 Prepare the syringe



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.



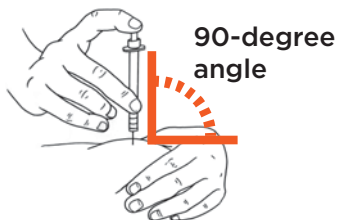
Turn bottle upside down. Pull back plunger to draw up insulin.



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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