

## MATERIALS NEEDED

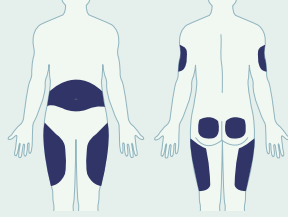


# HOW TO INJECT INSULIN using a syringe



Wash your hands.

## 2 INJECTION AREAS



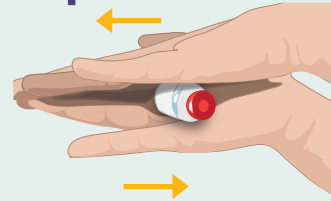
Remember to always rotate your injection site. Avoid injecting in scar tissues or in muscles.

## 3



Check the insulin bottle to make sure you have the correct type of insulin.

## 4



For cloudy insulin, gently roll the insulin bottle between the palms of your hands.

## 9



Insert the needle through the rubber top of the bottle.

## 8



Hold the insulin bottle firmly on a counter or tabletop.

## 7



Hold the syringe upright and pull the plunger back until it is at the number of units you need.

## 6

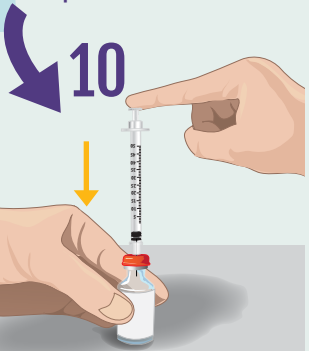


Pick up the syringe and remove the needle cap.

## 5

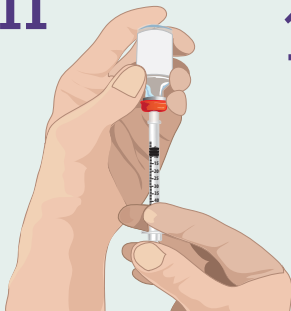


Wipe the top of the bottle with an alcohol swab.



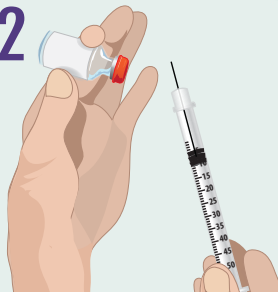
Push the plunger down so that the air goes into the bottle.

## 11



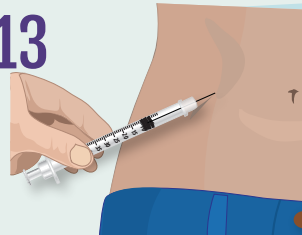
Turn the bottle and syringe upside down. Draw up the correct amount of insulin.

## 12



Remove the syringe from the bottle.

## 13



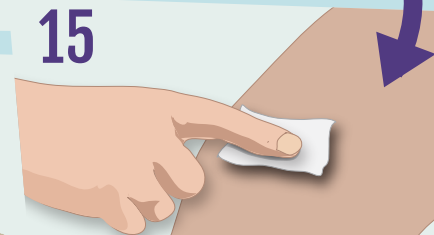
Put the needle fully through the skin at a 45 degree angle, depending on the skin depth.

## 14



Push down the plunger with your thumb to inject the insulin.

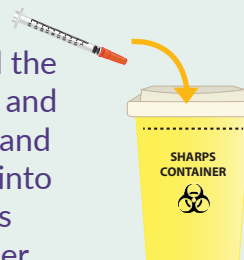
## 15



Remove the needle from the skin and apply pressure to the injection site for 10 seconds.

## 16

Discard the syringe and needle and drop it into a sharps container.



When your sharps container is 3/4 full, bring it back to your pharmacy or your CLSC.

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