

Injecting Insulin with a Vial and Syringe

Step 1

Prepare the syringe and the vial

- Remove the cap of the syringe and vial (A)
- Roll vial of insulin gently in palms to mix if insulin appears cloudy
- Wipe rubber stopper with an alcohol pad (B)



A



Step 2

Draw up the insulin

- Insert needle into rubber stopper and make sure tip of needle is in insulin (C)
- Inject air into syringe equal to insulin dosage unit with the vial standing upright (D)
- Hold vial of insulin upside down and draw up correct dosage of insulin (E)



C



D



E

Step 3

Remove any air bubbles

- Check syringe for air bubbles
- Hold syringe straight up and tap side of syringe to release air bubbles (F)
- Carefully, remove syringe from the vial



F

Step 4

Prepare injection site

- Clean injection site with alcohol pad and wait for it to dry
- Rotate injection sites with each dose
- Pick up and pinch a fold of skin (G)



G

Step 5

Complete the injection

- Inject needle all the way into the skin
- Leave needle under the skin for at least 10 seconds for insulin to be delivered before removing the needle
- Safely discard syringe into sharps container (H)



H



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