

# 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



B

## 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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# 如何使用瓶裝胰島素和針筒注射胰島素

## Step 1

### 準備針筒和瓶裝胰島素

- 取下針筒針帽和胰島素瓶帽 (A)
- 如果瓶裝胰島素渾濁，則用手掌輕輕滾動瓶裝胰島素以使其混合均勻
- 用酒精棉片橡膠塞 (B)



A



B

## Step 2

### 抽取胰島素

- 將針頭插入橡膠塞，並確保針頭在胰島素中 (C)
- 保持小瓶直立，針筒推桿往後拉，吸入相當於預抽取胰島素劑量的空氣，將空氣注入胰島素瓶內 (D)
- 倒置胰島素瓶，並抽取正確劑量的胰島素 (E)



C



D



E

## Step 3

### 清除氣泡

- 檢查針筒是否有氣泡
- 垂直握住注射器，並用手指輕彈針筒使氣泡釋出 (F)
- 小心地從瓶中取出針筒



F

## Step 4

### 注射部位準備

- 用酒精棉片清潔注射部位並等待其乾
- 每次注射都要輪替注射部位
- 捏起一部分皮膚 (G)

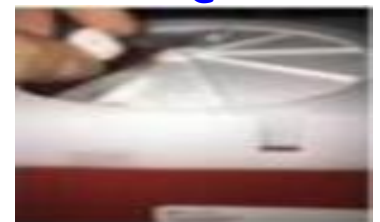


G

## Step 5

### 完成注射

- 將針頭插入皮膚
- 將針頭留在皮膚下至少10秒鐘，以便在拔針前完全注入胰島素
- 將針筒安全地丟入利器專用容器 (H)



H



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# Injecting Insulin with a Vial and Syringe 如何使用瓶裝胰島素和針筒注射胰島素

## Step 步驟 1

### Prepare the syringe and the vial 準備針筒和瓶裝胰島素

- Remove the cap of the syringe and vial (A) 取下針筒針帽和胰島素瓶帽 (A)
- Roll vial of insulin gently in palms to mix if insulin appears cloudy  
如果瓶裝胰島素渾濁，則用手掌輕輕滾動瓶裝胰島素以使其混合均勻
- Wipe rubber stopper with an alcohol pad (B)  
用酒精棉片擦膠塞 (B)



A



B

## Step 步驟 2

### Draw up the insulin 抽取胰島素

- Insert needle into rubber stopper and make sure tip of needle is in insulin (C)  
將針頭插入橡膠塞，並確保針頭在胰島素中 (C)
- Inject air into syringe equal to insulin dosage unit with the vial standing upright (D)  
保持小瓶直立，針筒推桿往後拉，吸入相當於預抽取胰島素劑量的空氣，將空氣注入胰島素瓶內 (D)
- Hold vial of insulin upside down and draw up correct dosage of insulin (E)  
倒置胰島素瓶，並抽取正確劑量的胰島素 (E)



C



D



E



F

## Step 步驟 3

### Remove any air bubbles 清除氣泡

- Check syringe for air bubbles  
檢查針筒是否有氣泡
- Hold syringe straight up and tap side of syringe to release air bubbles (F)  
垂直握住注射器，並用手指輕彈針筒使氣泡釋出 (F)
- Carefully, remove syringe from the vial  
小心地從瓶中取出針筒

## Step 步驟 4

### Prepare injection site 注射部位準備

- Clean injection site with alcohol pad and wait for it to dry  
用酒精棉片清潔注射部位並等待其乾
- Rotate injection sites with each dose  
每次注射都要輪替注射部位
- Pick up and pinch a fold of skin (G)  
捏起一部分皮膚 (G)

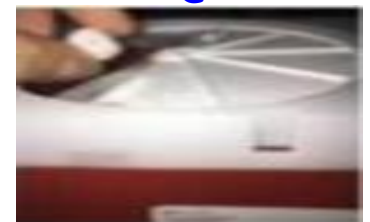


G

## Step 步驟 5

### Complete the injection 完成注射

- Inject needle all the way into the skin  
將針頭插入皮膚
- Leave needle under the skin for at least 10 seconds for insulin to be delivered before removing the needle  
將針頭留在皮膚下至少10秒鐘，以便在拔針前完全注入胰島素
- Safely discard syringe into sharps container (H)  
將針筒安全地丟入利器專用容器 (H)



H



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