

# Living Well with Diabetes

## How to give an insulin shot: using a syringe and insulin bottle

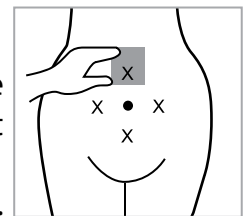
### What you need for the shot

- Syringe
- Bottle of insulin
- Soap and water or hand cleanser
- Cotton ball
- Alcohol or alcohol swab
- Band-aid® or other adhesive bandage

### Before you start

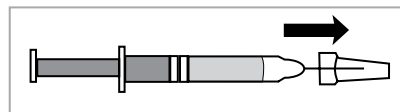
1. Clean your hands with hand cleanser, or wash them with soap and warm water.
2. If using NPH insulin, gently rotate or roll the bottle between your hands 15 to 20 times to mix the insulin completely. Don't shake the bottle. NPH should look evenly cloudy or milky. Don't use the bottle if you see clumps, solid white particles, or the white material is still separate from the liquid after mixing.
3. Clean the rubber stopper at the end of the bottle with alcohol and wait for it to dry.
4. Expose the place on the fatty part of your stomach where you'll be taking your shot. Look for a place about 2 inches from your belly button.

Note: Rotate the place you take your shot each week. For example: if you think of your stomach as a clock, you can start at 12:00 one week and move about 1/4 inch in a clockwise or sideways direction for each shot you take that week. Start at 3:00 the next, 6:00 the following week, and 9:00 on the 4th week. Then start again at 12:00. This helps to keep scar tissue from forming.



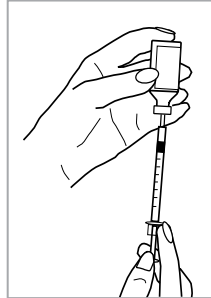
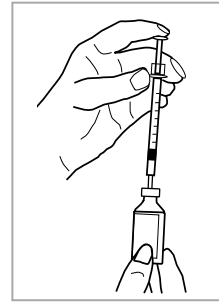
### Prepare the shot

1. Take the cap off the needle and throw it away.



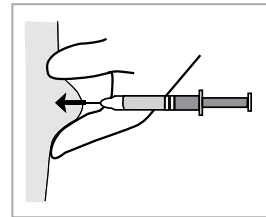
After you take the cap off, don't put the syringe down or let anything touch the needle. Don't press down on the plunger of your syringe until you take your shot.

2. Draw back the plunger to the \_\_\_\_\_ mark on the syringe. Push the needle into the center of the rubber stopper at the end of the medicine bottle.
3. Push the plunger all the way down to push the air out of the syringe and into the bottle.
4. Turn the medicine bottle and needle upside down.
5. SLOWLY pull back the plunger on the syringe to draw your exact dose of medicine.



### To take or give the shot

6. Hold the syringe like you would hold a pen or pencil. Use the same hand you use for writing.
7. Use the thumb and forefinger of your other hand to gently pinch the place on your stomach where you'll be taking your shot.
8. Put the needle into the skin fold at a 90° angle, facing straight up and down. Put the needle all the way in.
9. Slowly press down on the plunger of the syringe with your finger or thumb.
10. Hold the plunger down for a count of 10. This will make sure you get your full dose of insulin.
11. Pull the needle straight out. If there's a little blood where you took your shot, use a cotton ball to gently wipe it clean and apply a small Band-aid. Don't rub the place where you took your shot. Rubbing it can make it bruise.



### After your shot

Don't reuse insulin syringes. Safely dispose of your syringe. Don't put it in with your other garbage.

- Drop your syringe into a safety container. You can buy a safety container at a Kaiser Permanente pharmacy for less than \$4.00.
- Keep the safety container in a place that children can't get to it. Don't overfill it. Fill it only as far as the fill line. Ask your care team how to dispose of your safety container when it's full. Before disposing of the container, be sure to close and lock the lid.

