

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Insulin is administered with a needle and syringe into the tissue subcutaneously. It is then absorbed into the bloodstream. Insulin may be injected into the:

- Front and sides of the thigh
- Abdomen- avoid the navel and waistline
- Upper and outer arms

Pre-filling Syringe- Mixed Type of Insulin (Short Plus Long Acting):

1. Wash hands
2. Gather insulin, alcohol swab, and syringe with needle
3. Check the color of your insulin. NPH and other long-lasting insulins are cloudy while regular insulin is clear. If your insulin has changed colors, discard and do not use.
4. Roll your cloudy insulin gently between your palms to mix.
5. Cleanse the stopper of the insulin vial with alcohol swab
6. Remove the cap from the syringe, exposing the needle.
7. Pull back on the plunger to fill the syringe with the number of units of air that correlates with the number of units of NPH insulin prescribed by your doctor
8. Insert the needle into the NPH insulin vial & inject air. Remove needle from vial.
9. Pull back on the plunger to fill the syringe with the number of units of air that correlates with the number of units of regular insulin prescribed by your doctor
10. Insert the needle into the regular insulin vial & inject air.
11. Invert the regular insulin vial and make certain that the tip of the needle is in the solution
12. Draw back on the plunger of the syringe to fill the insulin with the number of units of regular insulin prescribed by your doctor.
13. Check the filled syringe for air bubbles
14. Flick the side of the syringe gently with your fingernail if air bubbles are present. This will move the bubbles to the top of the syringe. Push on the plunger to inject air back into the vial.
15. Repeat steps 9-14 until the syringe contains the proper amount of insulin
16. Insert the needle back into the NPH vial, being careful not to inject any of the regular insulin into it.
17. Invert the NPH insulin vial and make certain that the tip of the needle is in the solution
18. Draw back on the plunger of the syringe to fill the insulin with the number of units of NPH insulin prescribed by your doctor. (Note: the number of total units in the syringe will equal the number of units of regular + the number of NPH units)
19. Check the filled syringe for air bubbles. If you see air bubbles at this time, DO NOT push them into the NPH vial. You need to throw this syringe away and start over.

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition
 For ALL emergencies requiring IMMEDIATE medical attention, call 911

Injecting the Insulin

1. Select your site. Make sure that you rotate sites daily!
2. Cleanse site with alcohol swab
3. Hold the syringe between a 45 and 90 degree with the needle just above the site to be injected
4. Pick up a 2-inch fold of tissue. With a quick darting motion, insert the needle into the skin.
5. Release your hold on the tissue and push the plunger gently to inject the insulin
6. Remove the needle and wipe the site with the alcohol swab
7. Discard your needle and syringe in a puncture-resistant container

Adapted from Clinical Pathways for the Multidisciplinary Home Care Team Volume 2

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