



PROHEALTHY

Education for our patients and families

Giving Insulin

Choosing an Injection Site

- Injections are given in a layer of fat just below the skin.
- There are four main sites than can be used:
 - Abdomen (belly)-**this is the preferred site**
 - Back of the upper arm-only used if someone else is giving you the injection
 - Front and upper, outer side of the thighs
 - Upper part of the buttocks
- Make sure you stay at least 2 inches away from the belly button
- Avoid areas with scars or stretch marks
- It is important to use a new spot (within the same body region) each time you give an injection. Move about an inch away from the previous injection site.

How to draw up and give insulin

- Wash hands with soap and water
- Clean top of the insulin bottle with alcohol
- Pull the plunger of the syringe back to _____ units of air (equal to your insulin dose).
- Stick the needle into the bottle and inject the air into the insulin bottle.
- Leave the needle in the bottle and turn the bottle upside down.
- Pull the plunger of the syringe back to _____ units of insulin.
- Take the syringe out of the bottle.
- Pinch a fold of the skin and inject the needle at a 90-degree angle (straight in).
- Push the plunger into the syringe
- Discard the used syringe as directed by local waste management company (**do not put in the regular garbage**).

Caring for your insulin

- Check expiration date on the bottle of insulin. Do not use if it is past the expiration date.
- Do not freeze insulin.
- Once the bottle of insulin has been opened, you may keep it at room temperature for up to 30 days.
- Keep the insulin away from direct sunlight or a heat source.
- Always have extra bottles of insulin on hand and keep them in the refrigerator.
- Inspect the bottle of insulin before using. Only NPH and pre-mixed insulin should be cloudy.

For more information contact:
The Diabetes Center 262-928-4695



PROHEALTH CARE

*The information in this handout is not meant to replace the advice from your own doctor. Please ask your doctor any questions you may have.
This educational material was developed by a team of experts from throughout ProHealth Care.*

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