

Injecting Insulin



- Change the place where you inject insulin.
- The size of the insulin needle is 30G or 31G.

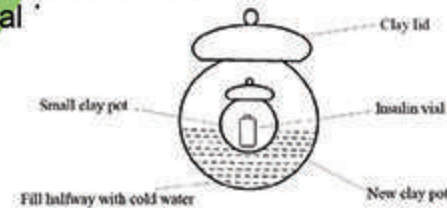
Important facts on reusing insulin syringes

- You can use an insulin syringe for a maximum of 3-4 days. If used more, there may be pain due to blunting of the needle and increased chance of local skin infections.
- After injecting, store the insulin syringe with the insulin vial after replacing the plastic needle cover.
- Never touch the needle and do not clean the needle with surgical spirit.
- Injecting insulin is not painful. If pain occurs on injecting, take the following steps.
 - If the syringe contains air bubbles, tap the syringe with needle pointing upwards and expel the bubbles from the syringe.
 - Keep the muscles around the insulin injection site relaxed.
 - Do not change the direction of the needle while inside the skin and quickly inject the insulin.
 - If the insulin needle had become blunt, change it with a new needle.

Instructions on insulin storage

Whenever possible store insulin in the refrigerator at a temperature of 2 – 8 °C

Storage of insulin when a refrigerator is not available *



Never store insulin in the freezer compartment. Do not store insulin in places exposed to heat or direct sunlight.



Insulin is a hormone. It is produced by a gland called the pancreas. Sugar accumulates in blood as a result of sugar not entering in to cells in the human body, due to either diminished insulin production or diminished insulin action. This leads to high blood sugar levels.

Who needs insulin?

- Type 1 diabetes – Insulin is essential to these patients
- Type 2 diabetes – These patients sometimes require insulin in addition to or in place of oral tablets.
- Patients who are pregnant or patients who are sick, may need insulin in addition to or in place of oral tablets.

Areas in the body where you can inject insulin



- 01 Areas where you can inject on your own
- 02 Areas where you can inject with the help of someone else

Correct way of injecting insulin



1 Wash your hands. Avoid using the insulin if there are precipitates of white particles/powder or if there is brownish discoloration. Roll the insulin vial on your palm using the other hand.



2 Remove the plastic cover on top.



3 Take a similar volume of air comparable to the insulin volume you plan to aspirate, in to the insulin syringe.



4 Aspirate the amount of insulin needed in to the insulin syringe, while holding the insulin vial upside down.



5 Inject this volume of air in to the insulin vial using the needle.



6 Remove air bubbles if present.



7 Select the insulin injection site.



8 Grasp a skin fold. Hold the insulin syringe like a pen.



9 Inject the insulin in to the skin fold. Remove the needle from the skin after 5 seconds.



10 Dispose the syringe safely.

You will be taught on the correct way of insulin injection at your clinic.