How Do I Inject With an Insulin Syringe?

1. Gather supplies
2. Wash hands
3. Check insulin bottle
4. Clean top of bottle
5. Remove needle cap

- alcohol wipes
- insulin
- syringe

**How Do I Inject With an Insulin Syringe?**

**1. Gather supplies**

- Use soap and water, hand sanitizer or alcohol wipes.
- Make sure you have the correct type of insulin.
- Clean top with alcohol wipe.

**2. Wash hands**

**3. Check insulin bottle**

- Hold bottle firmly on a counter or table.
- Insert needle through rubber top. Push down plunger to force air into bottle.
- Turn bottle upside down. Pull back plunger to draw up insulin.

**4. Clean top of bottle**

- Hold up syringe.
- Pull plunger down to the number of units you need.

**5. Remove needle cap**

- Put syringe in a sharps container.
- When sharps container is ¾ full, bring it to a pharmacy or a sharps container dropoff location.

**6. Prepare the syringe**

- Hold bottle firmly on a counter or table.
- Insert needle through rubber top. Push down plunger to force air into bottle.
- Turn bottle upside down. Pull back plunger to draw up insulin.
- Remove syringe from bottle. Flick lightly to remove any air bubbles.

**7. Inject**

- Insert needle at 90 degrees. Push insulin into skin. Remove needle.

**8. Dispose of syringe**

- Put syringe in a sharps container.
- When sharps container is ¾ full, bring it to a pharmacy or a sharps container dropoff location.

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