

## DRAWING UP & INJECTING INSULIN FROM A VIAL

A MILE IN MY SHOES

### ONE KIND OF INSULIN ONLY:

*NOTE: Lantus & Levemir must be given separately and NOT mixed in the same syringe with any of the Fast-Acting insulins, Novolog, Humalog & Apidra.*

1. First, prime the plunger by drawing the plunger up and down with nothing in it 2-3 times.
2. Then, determine how many units of insulin you'll be injecting and pull the plunger back to that amount. (You're putting air into the vial to compensate for the insulin you'll be drawing out).
3. Next, place the vial on the table standing upright, take the syringe & poke the needle through the rubber top, straight in!
4. Now, push all the air into the vial, and with using one hand to hold the syringe and the other holding the vial, turning both upside down in the air in one movement.
5. Now, draw the plunger down drawing in the insulin from the vial, into the syringe down to  $\frac{3}{4}$  of the way down the syringe. There will be air bubbles. You now want to push all those air bubbles back & out of the syringe, slowly but firmly.
6. Now, slowly but deliberately, draw down the amount of insulin you need to take. In this case, if you miss the number you can push some insulin back into the vial and redraw the correct amount down BECAUSE you're only using one kind of insulin, so no worries about pushing back some of the same kind back into the vial.
7. After you've got the amount that you need, flip both the vial and the syringe in one move to the upright position, place the vial and the syringe on the table and gently draw the filled syringe out of the vial.
8. There! You've done it!

### DRAWING UP TWO KINDS OF INSULIN INTO ONE SYRINGE:

*R, Novolog, Humalog or Apidra (Clear) together with NPH (Cloudy)*

With two kinds of insulin, one cloudy and one clear, you want to draw up the clear one first then draw the cloudy one up. The reason is if you get a little cloudy in the clear it can contaminate the clear rather easily. However, if you get some clear into the cloudy it won't really contaminate it enough to be concerned if it's only a teeny tiny drop.

Also, you'll want to roll the vial of NPH (the cloudy one) moderately vigorously between the palms of both hands before drawing insulin for the vial so as to make sure that any sediment at the bottom of the vial is totally absorbed into the solution. So, here we go!

***\*Air into NPH first, Clear second; Draw Clear first, NPH second.\****

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### 1st INSULIN:

1. Place both of the vials on the tabletop to get started. Wipe off each top with a swab of alcohol.
2. With the syringe upside down so that you can read the numbers easily, draw up the amount of NPH (cloudy) that you need as air.
3. Insert the syringe into the vial of NPH and inject all the air into the vial. After that remove the syringe for the NPH vial.
4. Invert the syringe again, draw up, in air, the number of units of Clear insulin that you'll need. Then insert the syringe into the Clear insulin vial, push the plunger down to inject the air in to the Clear vial.
5. Now, with both hands holding the vial and the syringe, invert the two and draw down to about  $\frac{3}{4}$  of the syringe, drawing down bubbles and insulin.
6. Quickly push the plunger with the insulin and bubbles back into the vial to get rid of them.
7. Now gently but firmly, draw the amount of Clear insulin that you need. (While you're dealing with the Clear insulin you can still overdraw, push back and re-draw the correct amount until you get it right).

### 2nd INSULIN:

1. Now insert the partially filled syringe into the NPH vial and with a smooth motion, invert both the vial and the syringe.
2. Now, very carefully draw up the exact amount (***you cannot push any back if you overdraw because you now have two kinds of insulin in the syringe***) of NPH into the syringe that you need.
3. The **TOTAL** amount in the syringe should equal the amount of the Clear + the amount of the NPH.
4. There, you've done it! Now proceed to the section below that explains how to correctly and easily inject the insulin.