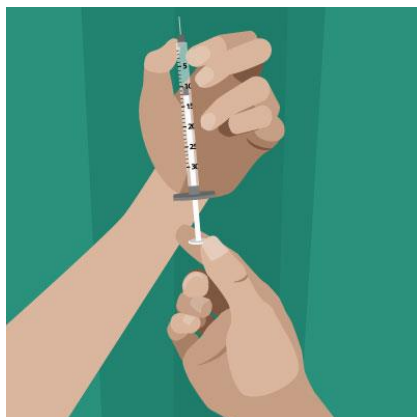
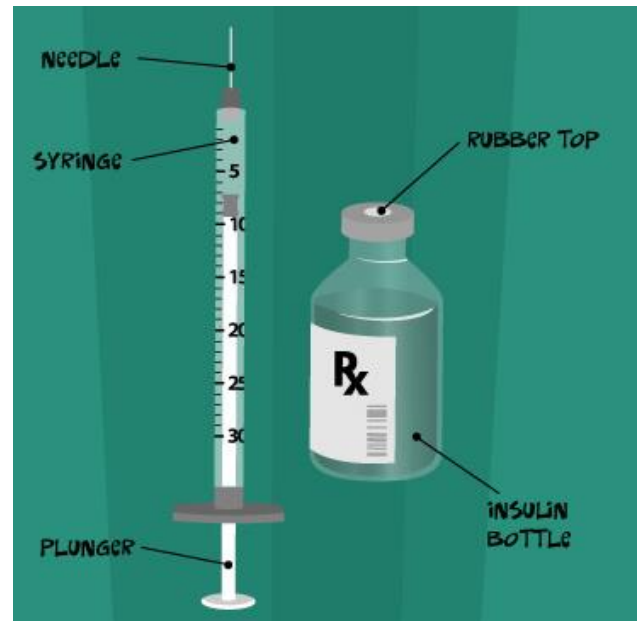


## My Insulin Injection

1. Gather the supplies that you'll need:
  - insulin bottle (vial)
  - syringe
  - sharps container for the used syringe
2. Wash your hands.
3. Check the insulin bottle to make sure it hasn't expired (28 days in use and/or at room temperature). Make sure there are not any clumps or crystals.
4. Remove the orange cap from the syringe.
5. Pull air into the syringe by pulling back on the plunger until the black tip is even with the line showing the dose you'll need.



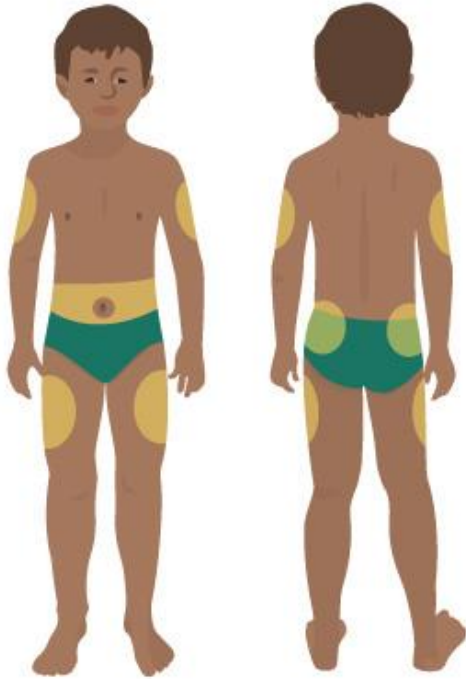
6. Push the needle through the rubber top of the insulin bottle



7. Push the plunger so that the air goes from the syringe into the bottle.

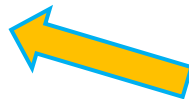


8. Turn the insulin bottle and syringe upside down. To pull insulin into the syringe, slowly pull back on the plunger, past your dose, 3 times to pop bubbles. Then adjust the plunger until the top of its black tip is even with the line showing your dose.



9. The most common places (sites) to inject insulin are:

- abdomen (belly)
- back of the upper arms
- upper buttocks
- outer thighs

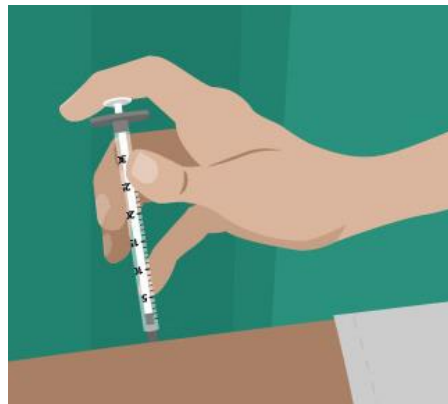


The insulin needs to go into fat tissue. It is important to rotate sites each time insulin is given.

10. Gently pinch the skin. Hold the syringe at a 90-degree angle to the skin, and push the needle all the way in.



11. Let go of the pinched skin, and slowly push the plunger to inject all of the insulin. Wait about 5 seconds before pulling out the syringe.



12. Place syringe in sharps container



Reviewed by: Steven Dowshen, MD Date reviewed: August 2016 Note: *This information is for educational purposes only. For specific guidance on giving an insulin injection, talk with your doctor.* All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor. © 1995-2016 The Nemours Foundation. All rights reserved. Images provided by The Nemours Foundation, iStock, Getty Images, Corbis, Veer, Science Photo Library, Science Source Images, Shutterstock, and Clipart.com

