

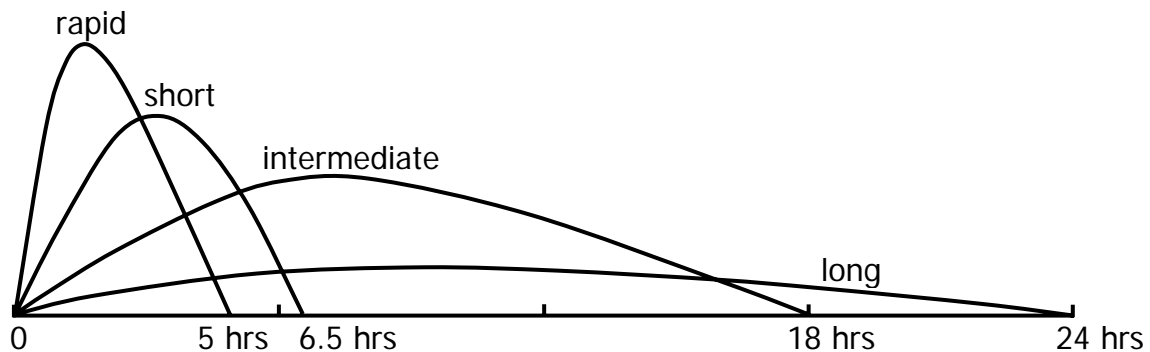
Insulin Injection Using One Type of Insulin

Living Well with Your Health Conditions

Types of Insulin:

Type of Insulin	Name of Insulin
Rapid (clear)	Apidra Humalog NovoRapid
Short (clear)	Humulin R Novolin Toronto
Intermediate (cloudy)	Humulin N Novolin NPH
Long (clear)	Lantus Levemir
Premixes (cloudy)	30/70, 40/60, 50/50 Novomix30 Humalog Mix 25 or Mix 50

Action of Insulin:



Note – the action of insulin may vary from person to person

Insulin Name	Units	Time of Day
		Before Breakfast*
		Before Lunch*
		Before Supper*
		Before Bed

* Take your insulin _____ minutes before your meal.

Preparing Insulin:

1. Wash your hands with soap and water.
2. Mix the cloudy insulin by gently rolling the bottle between your hands.
3. Wipe the top of the insulin bottle with an alcohol swab.
4. Pull air into the syringe, the same amount of air as the amount of insulin to be measured (_____ **units**).
5. Push the needle through the rubber top of the insulin bottle. Push the air into the insulin bottle.
6. Turn the insulin bottle and syringe upside down so the top of the needle is in the insulin. Pull the plunger about halfway down the syringe. Push and pull the plunger up and down to get rid of air bubbles. Pull the plunger to the correct dose of insulin (_____ **units**).
7. Remove the needle from the bottle.
8. Put the syringe down on a clean surface. Prepare a site for insulin injection. Pinch the skin and inject the insulin at a 90° angle.
9. Release the pinch and remove the needle from the skin.
10. Dispose of the syringe in an appropriate disposal container.

Storing Insulin

Insulin being used can be refrigerated or left at room temperature for 1 month. Insulin not being used should be stored in the refrigerator and is good until the expiry date.

Expiry Date of Insulin

Insulin should not be used after the expiry date. Always be sure to check the expiry date found on the box of insulin and on the vial of insulin being used.