

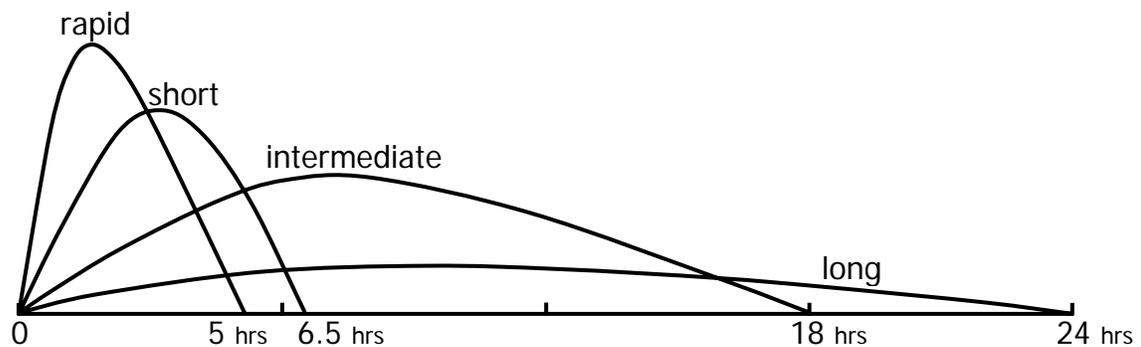
# Insulin Injection Using Two Types of Insulin

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

## Action of Insulin:



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

Take your insulin \_\_\_\_\_ minutes before your meal.

Insulin Name	Units	Meal
Cloudy -		
Clear -		

1. Wash your hands with soap and water.
2. Mix the cloudy insulin by gently rolling the bottle between your hands.
3. Wipe the tops of the insulin bottles with an alcohol swab.
4. Pull air into the syringe, the same amount of air as the amount of cloudy insulin to be measured (\_\_\_\_\_ units).

5. Push the needle through the rubber top of the cloudy insulin bottle. Push the air into the cloudy insulin bottle and then remove the needle from the bottle.
6. Pull air into the syringe, the same amount of air as the amount of clear insulin to be measured (\_\_\_\_\_ **units**).
7. Push the needle through the rubber top of the clear insulin bottle. Push the air into the clear insulin bottle.
8. Turn the clear insulin bottle and syringe upside down so the top of the needle is in the clear 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 clear insulin (\_\_\_\_\_ **units**). Remove the needle from the bottle.
9. Push the needle through the rubber top of the cloudy insulin bottle. Turn the cloudy insulin bottle and syringe upside down so the top of the needle is in the cloudy insulin. Pull the plunger down to add the correct dose of cloudy insulin (\_\_\_\_\_ **units**).
10. You should now have a total of \_\_\_\_\_ **units** of insulin in the syringe.
11. Remove the needle from the bottle.
12. 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.
13. Release the pinch and remove the needle from the skin.
14. Dispose of the syringe in an appropriate disposal container.

### Storing Your 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.