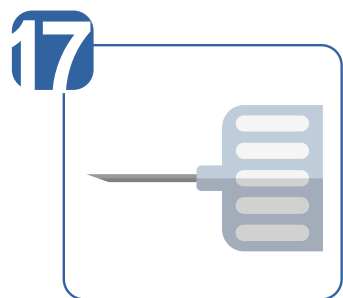
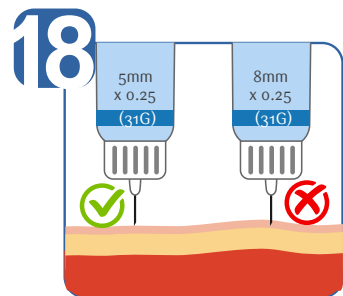


Once in use insulin should not be used for longer than 28 days, or as per manufacturer's instructions. Store extra insulin supply in the refrigerator. Check the expiry date before using.)

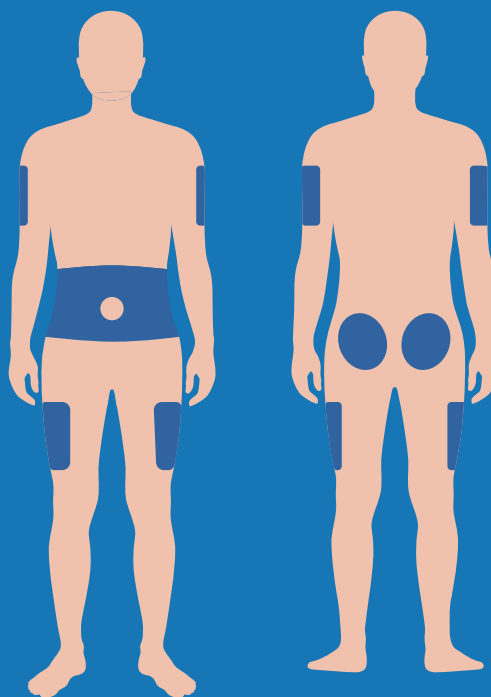


Use a new needle each time to prevent infection and decrease pain.



Use shorter needles and smaller diameter to decrease pain and better absorption.

Sites of insulin injection

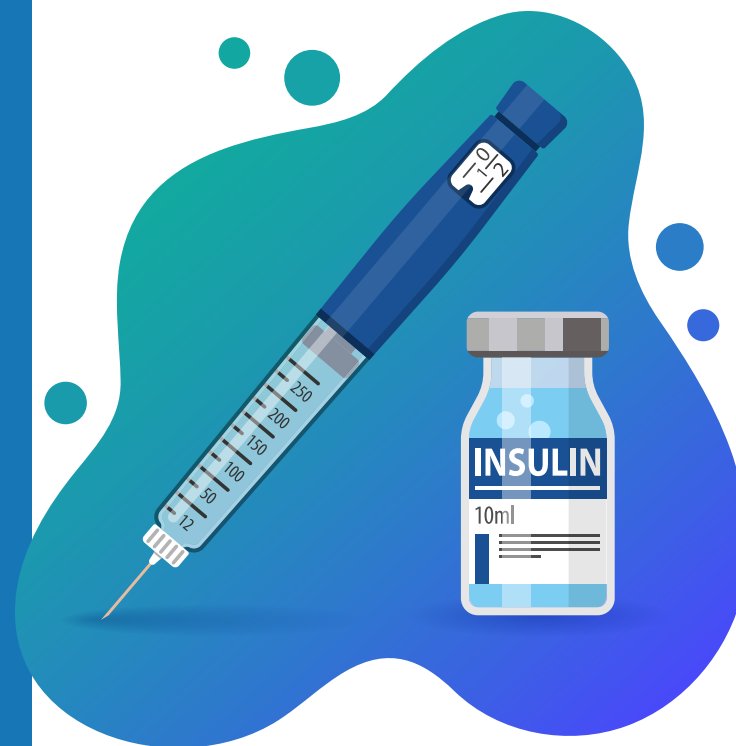


Adopted from: American Diabetes Association. (2018).
9. Pharmacologic Approaches to Glycemic Treatment: Standards of Medical Care in Diabetes 2018 Diabetes care,



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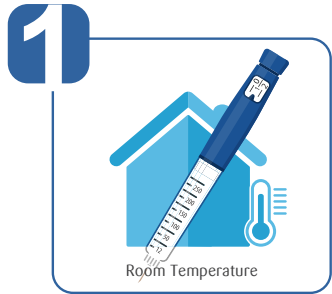
The Accurate Guidance's
for Insulin Injections



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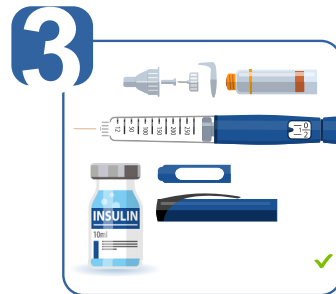
www.phcc.qa



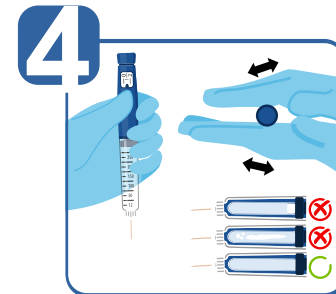
Always get out the pin from fridge 15 mins before injection time because cold insulin Cause more pain.



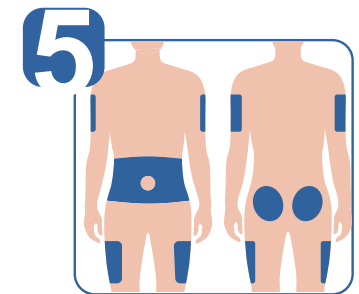
Inject into a clean injection site using clean hands. (Alcohol is not required)



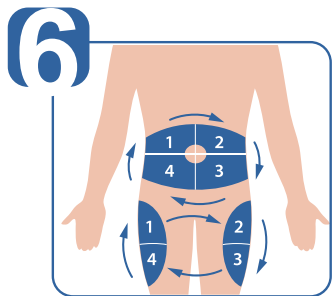
Gather your supplies, including your insulin pen and pen needle. If your pen is not pre-loaded, load your insulin cartridge into your pen.



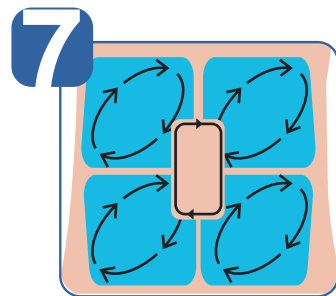
If you are using cloudy insulin, mix by rolling it 10 times and tipping it 10 times to ensure that it is a milky white consistency. (Clear insulin does not need to be mixed)



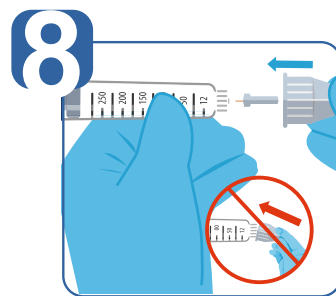
Choose your injection site. (Injection into the back of your own arm is not recommended)



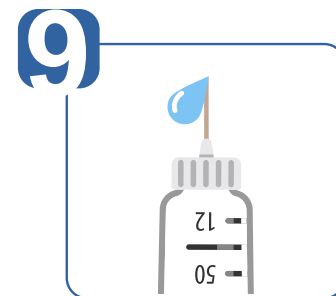
Rotate between injection sites



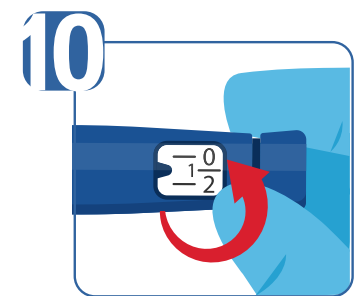
Rotate within injection sites to prevent skin problems and enhance insulin absorption.



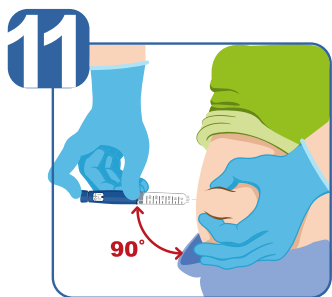
Attach your pen needle and remove both the outer and inner caps.



Prime your pen. Dial up 2 units and depress the plunger while holding the pen needle pointing up. If drops come out, your pen needle is primed, if not, repeat the steps until drops come out of the top of the pen. (this step is done one time only for each pen when its open for first time)



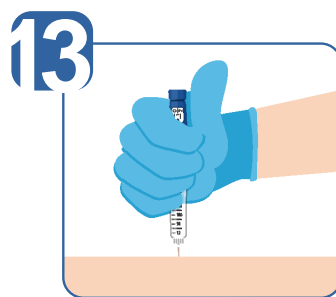
Dial your dose as doctor prescription.



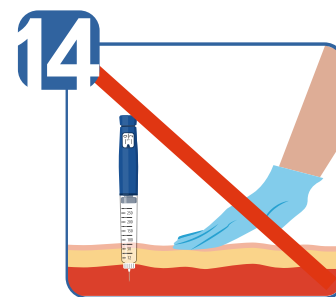
Insert pen needle into skin at a 90-degree angle.



Push down the thumb button completely. Count to 10, slowly. (you may have to count more than 10 seconds for larger doses)



Withdraw the needle from the skin and release skin lift, if appropriate.



Never massage the site of injection



Remove pen needle and dispose of it in an approved sharps container. Replace pen cap.