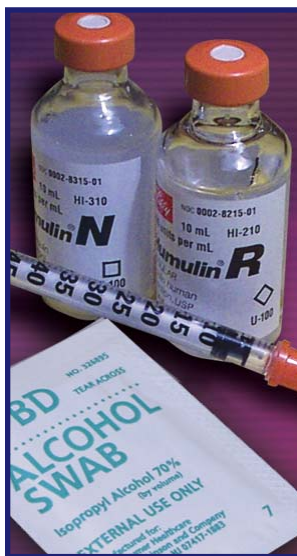
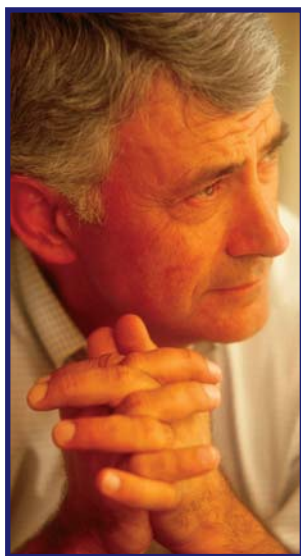


My Doctor Says I Need to Mix Insulins...

How Do I Begin?



BD

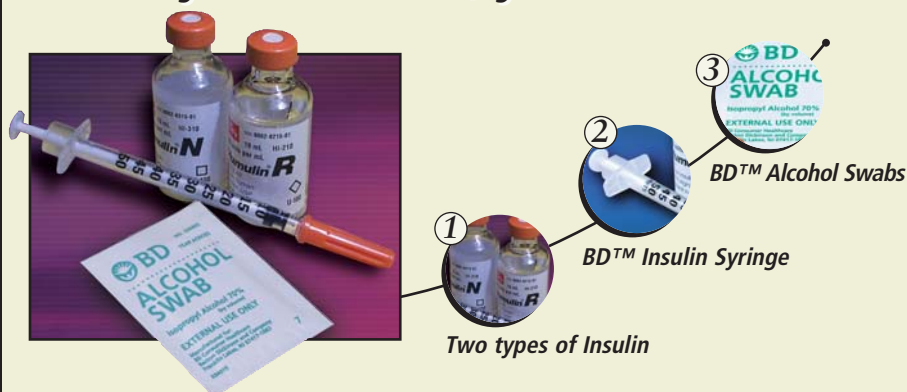
Helping all people
live healthy lives

BD Getting Started™

Mixing Insulins

When your doctor tells you to use two types of insulin for an injection, they can be mixed in the same insulin syringe so that you will need only one injection. Using two types of insulin can help you keep your blood sugar levels in your target range. When you mix two insulins in one syringe, one type of insulin is always clear and short or rapid-acting, while the other type is cloudy and long-acting.

To mix your insulins, you will need:



Check that you have the right syringe size. Match your dose to the syringe size that is just right for you. It is an easy way to assure the accuracy of your dosage.

if you inject:

Less than 30 units at one time - Use a $\frac{3}{10}$ $\frac{\text{ml}}{\text{cc}}$ BD INSULIN SYRINGE

Between 30 and 50 units - Use a $\frac{1}{2}$ $\frac{\text{ml}}{\text{cc}}$ BD INSULIN SYRINGE

Between 50 and 100 units - Use a 1 $\frac{\text{ml}}{\text{cc}}$ BD INSULIN SYRINGE

Also check that you have the right brand and type of insulin. Make sure that the expiration date on the insulin bottle has not passed.

1**step one...**

- Wash your hands.

2**step two...**

- Roll the bottle between your hands.
- **Never** shake a bottle of insulin.

3**step three...**

- Wipe the top of both the insulin bottles with a BD™ ALCOHOL SWAB.

4**step four...**

- Pull the plunger down to let ____ units of air in your syringe.
- You need air in the syringe equal to the amount of **cloudy** insulin you will take.

5



step five...

- Push the needle through the rubber top of the **cloudy** insulin bottle.

6



step six...

- Push the air into the **cloudy** insulin bottle.
- Pull the needle out of the **cloudy** insulin bottle.
- You are **not** going to draw out any of the **cloudy** insulin yet.

7



step seven...

- Pull the plunger down to let ____ units of air into your syringe.
- You need air in the syringe equal to the amount of **clear** insulin you will take.

8



step eight...

- Push the needle through the center of the rubber top of the **clear** insulin bottle.

9



step nine...

- Push the air into the clear insulin bottle.
- Do not pull the needle out of the bottle.

10



step ten...

- Turn the insulin bottle and syringe upside down.

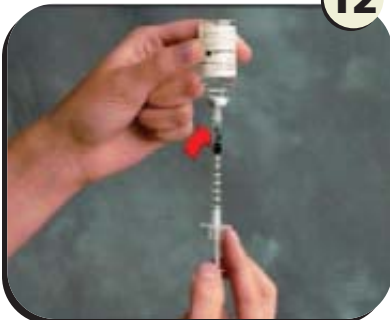
11



step eleven...

- Slowly pull down on the plunger to get ____ units of **clear** insulin into the syringe.
- Pull slowly to avoid getting air bubbles in the syringe.
- Air bubbles mean that you will get less insulin.

12



step twelve...

- Look for air bubbles in your syringe.
- If you have air bubbles, push the insulin back into the bottle and start from step 11.
- Check your syringe to make sure that you have ____ units of **clear** insulin and no air bubbles.
- Pull the needle out of the **clear** insulin bottle.

13

step thirteen...

- Push the needle through the center of the rubber top of the **cloudy** insulin bottle.
- Turn the bottle upside down.

14

step fourteen...

- Slowly pull down the plunger to get the total _____ units you need.
- Be sure you have the right number of units because you cannot push any insulin back into the bottle.
- Now you should have in the syringe:

_____ units of **clear**
 + _____ units of **cloudy**
 = _____ total units.
- Pull the syringe out of the bottle.
- You are now ready to inject your insulin.

Other Important Information

- Check with your doctor before changing:
 - the amount, type or brand of insulin,
 - the steps for mixing insulins.
- Ask your nurse to show you other ways to get rid of air bubbles.
- Read **Drawing and Injecting Insulin** for how to inject your insulin.
- To help you see the numbers and lines on your syringe, ask your nurse about the BD Magni-Guide™ device.
- If needle bends while drawing up the insulin, do not straighten it. Properly dispose of the syringe and start again.

For comfort and safety, use insulin needles only once.



Used
needle
magnified
370 times



Same used
needle
magnified
2000 times

Photographs showing the type of damage that can occur with needle reuse.*

Today's insulin needle is thinner and more delicate for greater comfort, so needle re-use can damage the tip and cause injury. Use only once.

Needle re-use can:

- Dull or bend the tip, causing bleeding, bruising, or scarring
- Increase the risk of the needle breaking off in the skin

* Photographs from Dieter Look and Kenneth Strauss study: "Nadeln mehrfach verwenden?" Diabetes Journal 1998, 10: S. 31-34.

Why is Proper Disposal Important?



Proper syringe disposal will help to:

- Store and safely dispose of used syringes and lancets,
- Protect trash collectors from accidental needlesticks,
- Prevent your used syringes from falling into the wrong hands,
- Protect the environment.

How to Properly Dispose of Your Used Syringes

FIRST, check your town or trash removal company for safe disposal of your used syringes and lancets. A good place to call may be your local health department. Never throw loose syringes or lancets into the trash. The following guidelines may be helpful:

destroy

(Only follow these guidelines if you are destroying your own syringes.)

- Never throw loose syringes or lancets into the trash.
- Clip the syringe needle with a clipping device such as the BD Safe-Clip™ device which stores a year's supply of needles.



contain

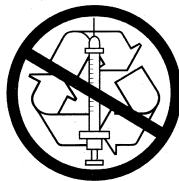
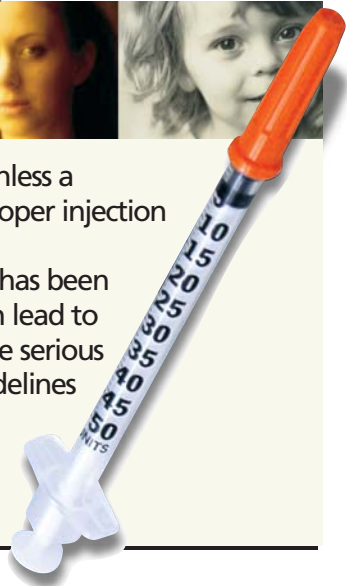
- Put your syringe and used lancet into a sharps collector or hard plastic or metal container with a screw-on or tightly secured lid.
- Keep this container away from children.
- When the container is full, seal the lid securely and dispose of properly.
- Do not put the filled container into the recycling bin.
- Do not recycle syringes or lancets.



someone else's syringe



- Never handle someone else's syringe unless a healthcare professional trains you in proper injection technique and disposal.
- Don't try to recap or clip a needle that has been used by or on another person. This can lead to accidental needlesticks which may cause serious infections. Follow the "CONTAIN" guidelines on the previous page.
- If you have any questions about throwing away syringes or lancets, call BD toll-free: 1.888.BD CARES (232.2737).



remember,
syringes are NOT recyclable.

BD provides this brochure for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this brochure.

Insulin Dose For:

Name

Today's Date

Doctor

Phone Number

Nurse Educator

Phone Number

Nutrition Educator

Phone Number

Syringe Sizes:

BD Ultra-Fine™ II Short Needle Insulin Syringe - 3/10 $\frac{\text{ml}}{\text{cc}}$ 1/2 $\frac{\text{ml}}{\text{cc}}$ 1 $\frac{\text{ml}}{\text{cc}}$

BD Ultra-Fine™ Insulin Syringe - 3/10 $\frac{\text{ml}}{\text{cc}}$ 1/2 $\frac{\text{ml}}{\text{cc}}$ 1 $\frac{\text{ml}}{\text{cc}}$

BD Micro-Fine™ IV Insulin Syringe - 3/10 $\frac{\text{ml}}{\text{cc}}$ 1/2 $\frac{\text{ml}}{\text{cc}}$ 1 $\frac{\text{ml}}{\text{cc}}$

Insulin: You should take the following dose of insulin at the times listed below

Type of Insulin

Time of Day

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Contact your Doctor or Healthcare Team:

Educational Information from BD Consumer Healthcare.