BD Getting Started™

Drawing and Self-Injecting Insulin
1. Get Supplies
2. Wash hands
3. Roll bottle
4. Wipe top of bottle with BD™ Alcohol Swab
5. Pull plunger down to _______ units
6. Push needle into bottle
7. Push plunger down
8. Pull plunger down to _____ units

9. Pick injection site
   Wipe with BD™ Alcohol Swab

10. Pinch up skin
    Push needle into skin
    Push plunger in

11. Pull needle out

12. Dispose syringe safely
    Check your town rules

13. Eat _____ later

Concept adapted from Shelley Leaf, RN, CDE, Diabetes Nurse Clinician, Boston City Hospital.
Insulin Dose for:

Name: ____________________________  Today’s date: ____________________________

My educator is: ____________________________  Telephone Number: ____________________________

Syringe Size: BD Ultra-Fine™

☐ 3/10cc  ☐ 1/2cc  ☐ 1/cc

My insulin is: ____________________________ (brand name)

A.M. __________ units  __________ units

P.M. __________ units  __________ units

P.M. __________ units  __________ units

P.M. __________ units  __________ units

Call BD Consumer Services at 1.888.BDCARES (1.888.232.2737) or visit our website at www.BDdiabetes.com.