

My Doctor Says I Should Learn To Use Insulin...

What Do I Do Next?



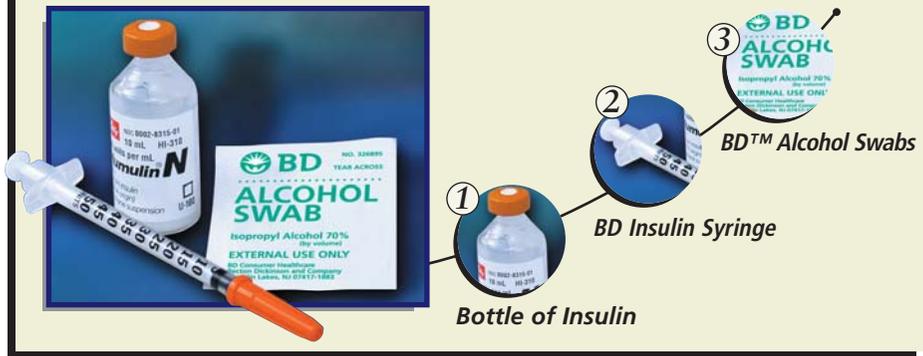
Helping all people
live healthy lives

BD Getting Started™

Drawing and Injecting Insulin

It is important to know how to draw and inject insulin so that you can give your injection accurately, quickly and with comfort. It will be easy if you follow these steps for using one type of insulin.

before you inject, gather the supplies 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 3/10 mL/cc BD Insulin Syringe

Between 30 and 50 units - Use a 1/2 mL/cc BD Insulin Syringe

Between 50 and 100 units - Use a 1 mL/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...

- If you are taking **cloudy** insulin, roll the bottle between your hands until it is uniformly cloudy.
- **Never** shake a bottle of insulin.

3



step three...

- Wipe the top of the insulin bottle 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 insulin you will take.

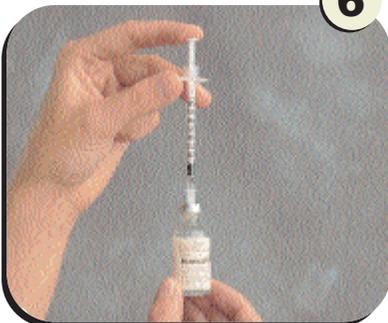
5



step five...

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

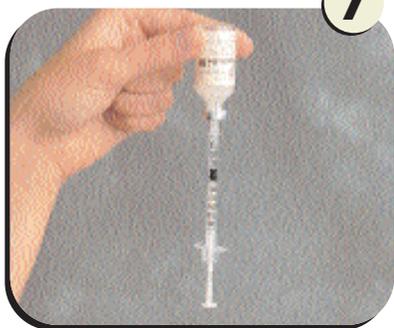
6



step six...

- Push the air into the insulin bottle.
- Leave the needle in the insulin bottle. This makes it easier for you to draw the insulin out of the bottle.

7



step seven...

- Turn the insulin bottle and syringe upside down.

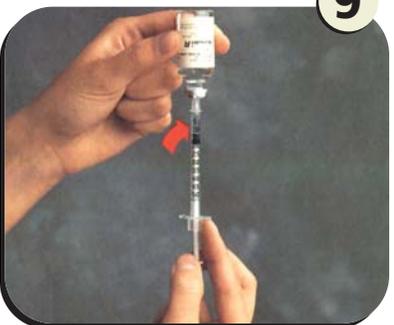
8



step eight...

- Pull the plunger down slowly to get insulin into the syringe. Be sure to get the right number of units.

9



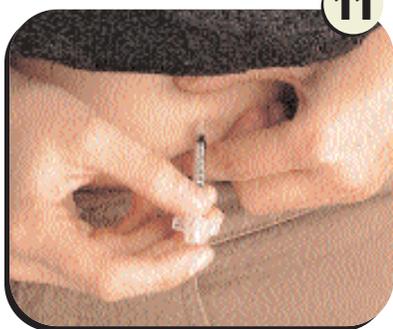
step nine...

- Look for air bubbles in your syringe.
- Air bubbles in the syringe mean that you will get less insulin.
- If you have air bubbles, push the insulin back into the bottle and start from step 8.
- Check your syringe to make sure you have _____ units and no air bubbles.
- Pull the syringe out of the bottle.

10

step ten...

- Clean a small area of skin with a BD™ ALCOHOL SWAB. Let the alcohol dry completely before you inject.

11

step eleven...

- Pick up the syringe and hold it like a pencil.
- Do not let the needle touch anything.
- Pinch up your skin.
- Push the needle through the skin.
- Push the insulin in with the plunger.
- Pull the needle out of your skin.
- Press your finger or an alcohol swab over the spot you gave your injection.

Other Important Information

- Check with your doctor before changing the amount, type or brand of insulin.
- Ask your nurse to show you other ways to get rid of air bubbles.
- Read **Site Selection** for selecting a site for your injection.
- Read **Mixing Insulins** if you need to use two types of insulin for an injection.
- 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

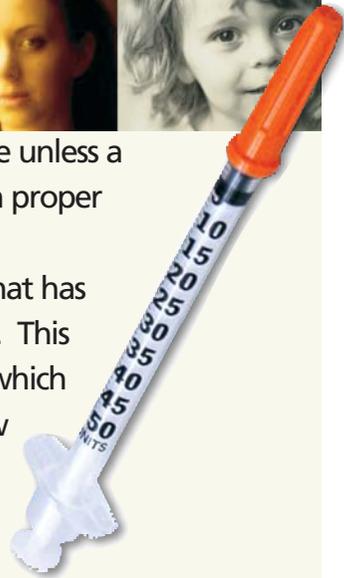
- Put your syringe and used lancet into a sharps collector or hard plastic or metal container with a screw-on or tightly secured lid.
- Keep this container away from children.
- When the container is full, seal the lid securely and dispose of properly.
- Do not put the filled container into the recycling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



* NOT FOR EMERGENCY OR MEDICAL INFORMATION



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™ Short Needle Insulin Syringe - 3/10mL/cc 1/2mL/cc 1mL/cc

BD Ultra-Fine™ Insulin Syringe - 3/10mL/cc 1/2mL/cc 1mL/cc

BD Micro-Fine™ IV Insulin Syringe - 3/10mL/cc 1/2mL/cc 1mL/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.

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