

How to Draw up Insulin

Drawing Up a Single Insulin into a Syringe

1. Wash your hands with soap and water
2. Get insulin and syringes and alcohol wipes
3. If you are drawing up NPH insulin, make sure to roll the insulin between your hands
4. Pull air into the syringe equal to the amount of insulin that you need (example: if you will be taking 10 units of insulin, pull 10 units of air into the syringe)
5. Leave the insulin bottle sitting on the counter and wipe the top of the bottle with an alcohol wipe
6. Let the alcohol dry
7. Take the syringe that has air in it and put it into the top of the insulin bottle (keep the bottle on a flat surface)
8. Push all the air from the syringe into the bottle and keep your finger on the plunger of the syringe to keep it from going back up
9. Pick up the insulin bottle with the syringe still in the top, turning it upside down. Pull out the number of units of insulin you need for your dose
10. Give the insulin.

Drawing Up Two Different Types of Insulin into the Same Syringe

1. Wash your hands with soap and water
2. Get insulin and syringes and alcohol wipes
3. If you are drawing up NPH insulin, make sure to roll the insulin between your hands
4. Wipe the tops of both insulin bottles with alcohol and let it dry completely
5. Add up the two insulin doses so that you get a total for your insulin dose (example: you need 7 units of NPH (cloudy) + 5 units of Novolog/Humalog (clear) = 12 units total)
6. Pull air into the syringe equal to the amount of NPH insulin (cloudy) that you need (example: if you will be taking 7 units of NPH pull 7 units of air into the syringe)
7. Take the syringe and put it into the top of the NPH (cloudy) insulin bottle (keep the bottle on a flat surface)
8. Push all of the air into the insulin bottle and take the syringe out of the top
9. Pull more air into the syringe equal to the amount of Novolog/Humalog (clear) insulin that you need (example: if you will be taking 5 units of Novolog/Humalog, pull 5 units of air into the syringe)
10. Take the syringe and put it into the top of the Novolog/Humalog (clear) insulin bottle (keep the bottle on a flat surface)
11. Always draw up Clear Insulin before Cloudy Insulin
12. Pick up the insulin bottle with the syringe still in the top of the clear bottle and turn it upside down. Pull out the number of units of insulin that you need for your dose of Novolog/Humalog (clear) insulin
13. Then go to the NPH (cloudy) bottle and put the syringe into the bottle without putting pressure on the plunger
14. Draw up the amount of NPH (cloudy) insulin you need

You should now have a syringe with the total amount you figured out you needed from step #5