

HOW TO INJECT INSULIN

1. Attach pen needle to pen.
2. If using clody insulin (N, NPH, 30/70, Mix25 etc.), gently roll your insulin 10x and then tip it back and forth 10x. Make sure that your insulin is mixed and there are no clear spots (so it is all white).
3. Do an air shot with 2 units of insulin or until a drop of insulin appears at the tip of the needle.
4. Dial the number of units of insulin needed.
5. Inject into the stomach area and rotate your sites staying 2 inches away from the belly button and away from scar tissue.
6. Inject at a 90 degree angle, looking down at your insulin pen.
7. Once the insulin is injected and the pen displays “0”, slowly count to 10 before removing the needle from your stomach.
8. Unscrew the needle from the pen and throw it away in a sharps container.
9. Recap the pen.

Storage

- Keep the pen and its opened cartridge of insulin at room temperature for up to 28 days: throw away after 28 days (42 days for Levemir and 56 days for Tresiba)
- Store unopened insulin in the fridge until the expiry date
- Do not use insulin past its expiry date or if it has frozen

Adapted from: The Community Diabetes Education Program of Ottawa handout, “Practical Insulin Injection Tips” and “FIT Technique Plus Technique for All” handout, Education tools based on FIT Canada Recommendations for best practice in Insulin Injection Technique.