

The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Managing Diabetes Resources

Angelina City and Counties Health District

www.acchd.us

Long Live Texans

www.longlivetexans.com

Interactive Tutorial for Managing Diabetes

www.nlm.nih.gov/medlineplus/tutorials/diabetesintroduction/htm/index.htm

American Diabetes Association

www.diabetes.org

CDC - Prevent Diabetes

www.cdc.gov/diabetes/consumer/prevent.htm

Defeat Diabetes Foundation

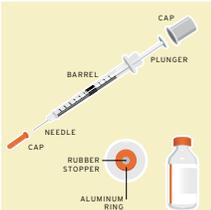
www.defeatdiabetes.org/

Back to Basics
Meals

Insulin Injections: A Step-by-Step Guide

If you're not a doctor, you may wonder what business you have injecting anyone—even yourself—with anything. But, believe it or not, you're qualified. Insulin injections have come a long way since the discovery of this miracle medication: They're quick, usually painless, and simple to do once you have a little practice. If you're new to insulin or just need a refresher, check out this illustrated guide to getting the good stuff into your body, where it can work its magic.
• Illustrations by Celia Johnson

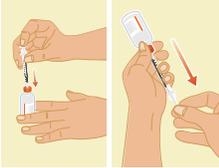
Step 1: Get ready.
You'll want to find a place where you can be relaxed while you take care of business. Wash your hands before starting. Assemble your tools: the syringe and insulin vial. Examine the insulin in the vial for lumps, crystals, or discoloration; these are signs that the insulin is no good and should be discarded. If it's a new bottle, snap off the cap and write the date of opening on the bottle using a permanent marker that won't get rubbed off later.



Step 2: Prepare the syringe.
Remove the syringe caps. Pull the plunger to fill the syringe with air volume equal to the amount of insulin you plan to inject.



Step 3: Draw the insulin.
Holding the syringe straight, stick the needle into the center of the rubber stopper in the insulin bottle and inject the air into the bottle. Turn the insulin bottle upside down with the needle still inside. Gently draw the desired amount of insulin into the syringe by pulling on the plunger. To get the right dose, line up the top of the plunger with the proper line.



To download a guide to administering your insulin injections, visit

forecast.diabetes.org/files/images/v62n04_p4041_0.pdf

To download handouts in English or Spanish, visit www.tdctoolkit.org/download_a_tool_kit.asp