

Clinic B2B

TTSH Medical Centre, Level B2

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Department of
ENDOCRINOLOGY

Single Vial Insulin Injection

Instructions on Preparation for Injection and Storage



Step 1: Getting Ready



A. Wash your hands and dry thoroughly.



B. Gather your supplies.

Check the expiry date on the insulin bottle.

Discard the bottle 4 weeks after opening, or as per manufacturer's instructions.



C. Write date when opening a new bottle.



D. If you are using cloudy insulin, roll the cloudy insulin bottle between your palms at least 10 times to allow the suspension to mix well. Do not shake the insulin bottle.



E. Clean the rubber stopper with alcohol swab.

Step 2: Inject Air



A. Pull the plunger to draw air into the syringe. The amount of air drawn should be the same as the amount of insulin prescribed.



B. Keeping the bottle upright, inject air into the bottle by pushing the plunger down completely.

Step 3: Draw Insulin



A. Without removing the syringe from step 2, tilt the bottle and syringe upside down and bring it to your eye level.

Draw out the required amount of insulin and remove syringe.



B. Read from the top of the black rubber ring. (see arrow)

Check for air bubbles. If present, gently tap the syringe to move bubbles to the top. Push the plunger gently to expel bubbles.

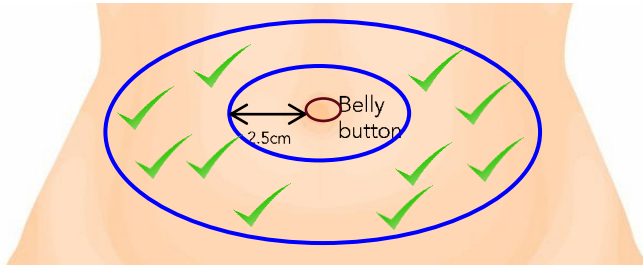
Step 4: Where to Inject Insulin

The most common site of injection is the abdomen.

Inject at least 2 finger width from belly button (about 2.5 to 5cm).

Each injection should be spaced 2 fingers apart from the previous site (about 2 to 3cm).

Do not inject insulin at the same site repeatedly.



Step 6: Disposal and Storage



A. Throw used syringes into a hard plastic container with a cover.

Do not re-cap or re-use the syringes.

B. Keep opened insulin in a cool, dry area away from sunlight.

Unopened insulin must be kept in the fridge.



Step 5: How to Inject Insulin



A. Clean the injection site with alcohol swab.

B. Pinch a fold of skin.

Hold the syringe with the other hand like a pencil.

Inject at 90 degree angle to the skin.

Push plunger all the way in.

Remove syringe and release pinch at the same time.

C. Apply gentle pressure over the injection site with a finger for 5 seconds.

Do not rub the injection site.

