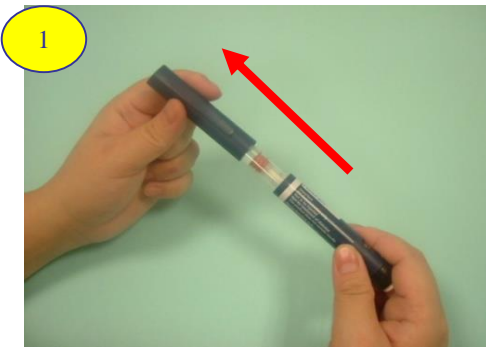




How to Use Disposable Insulin Syringe



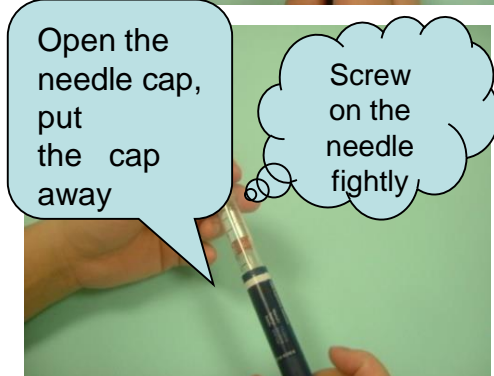
1.
Take off the syringe cap



2.
Sterilize the rubber tip



3.
Screw on the needle tightly



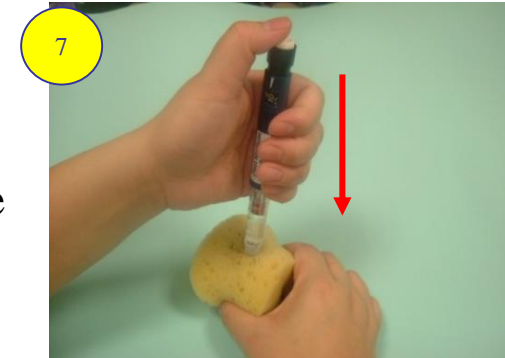
4.
Set the unit



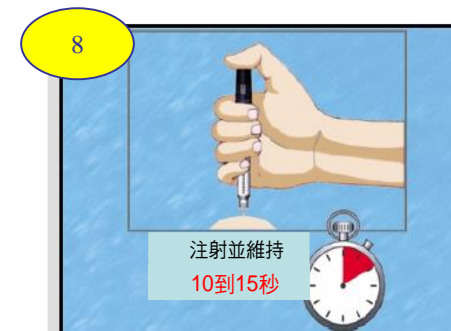
5.
Place the needle upward, squeeze the air out until you see the droplet on tip of the needle



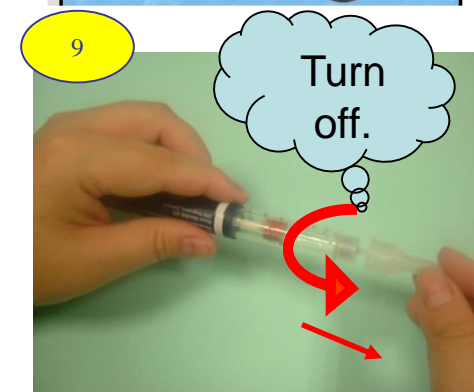
6.
Set the required injection dosage (unit)



7.
As if holding the fist, hold the syringe then inject the insulin.



8.
Hold it for 15 seconds after injection. Then pull out the syringe



9.
(Put the needle cap on) unscrew the needle and remove it.

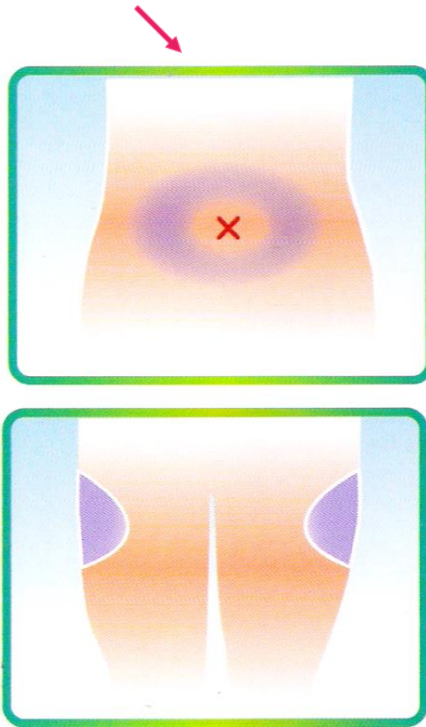
Disposal of the used needles: Put used needles in a can, bring the can to the used needle collection bin outside the Injection Room at hospital 1st floor.

Insulin injection sites: (Purple shaded areas)

1. Abdomen:

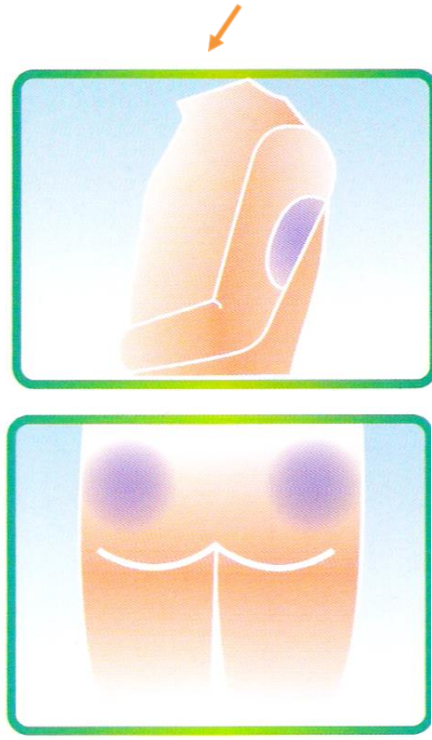
Do not inject within the range of a fist centered on the belly button.

The subcutaneous tissue on both sides of the body is thinner and should be avoided



2. Arm:

Should be the middle and outer part of the upper arm-the position of the butterfly sleeve.



3. Thigh:

If the subcutaneous tissue of the thigh is very thin (thin), pinch the skin for injection.

The thickness of the subcutaneous layer of the thigh gradually becomes thinner, and the injection site should be limited to the upper part of the thigh (approximately 1/3) and only the anterior and outer sides, because the nerves and blood vessels are distributed on the inner side.



4. Buttocks:

The subcutaneous layer of buttocks are thick, no need to pinch the skin for injection.

The injection site is the upper 1/4 portion on the outside.



* If the patient is injecting himself, it is recommended to inject 4 parts of the abdomen and thigh (left and right sides).

*If family members help the patient with the injection, can inject on all 8 sites. Can take turns in different sites. It is recommended to inject on the same site for a week (the distance between injections need to be separated by one finger width) and then change site every week.

*Avoid injection sites that were exercised earlier. For example, playing table tennis in the morning is not suitable to inject on the arm later in the day; after jogging is not suitable for injection on legs.

*After administering short-acting and intermediate-acting mixed insulin injection, please eat as soon as possible to avoid hypoglycemia

*Insulin preservation: opened bottle-can be stored at room temperature for 4 weeks; unopened bottle: please refrigerate, can be stored until the expiration date.

*Used needle disposal-please get the empty can from the Injection Room on the hospital 1st floor then discard the whole can used needles to the collection bin outside the Injection Room.