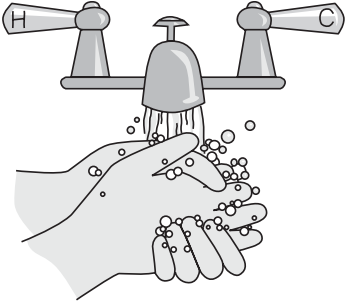
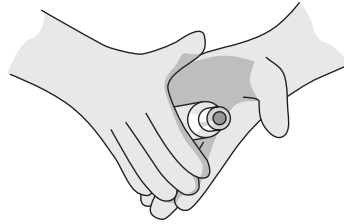


# Giving Yourself Insulin

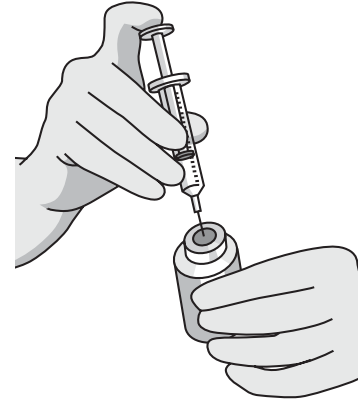
## Insulin Syringe Instructions



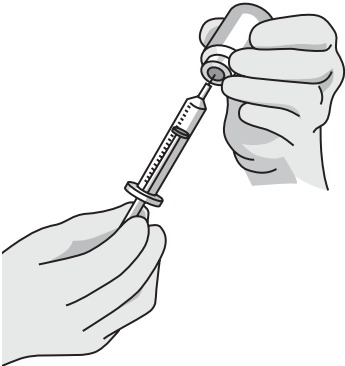
1. Wash your hands.



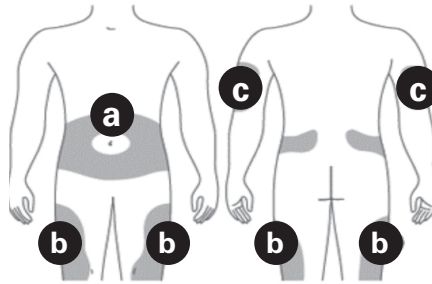
2. Mixing Insulin: If you have cloudy insulin, you must gently roll bottle between hands to mix.



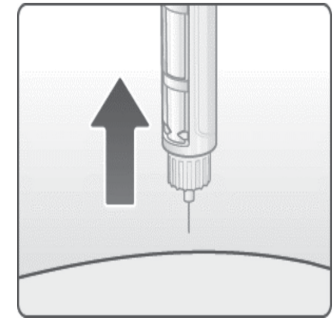
3. Place needle into vial.



4. Draw up dose.



5. Select injection site and clean area.  
Recommended sites:  
A, B and C.



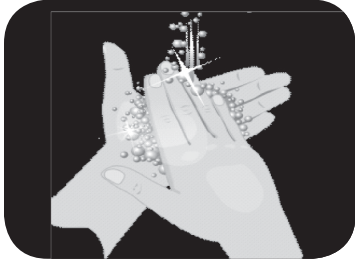
6. Inject insulin.  
Count to 10 before removing.



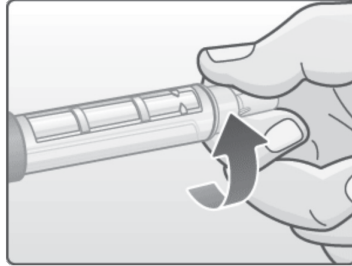
# Giving Yourself Insulin



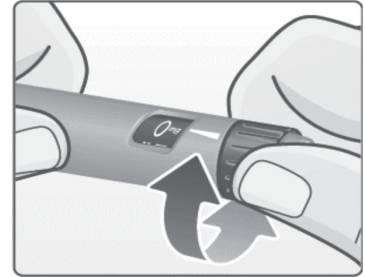
## Insulin Pen Instructions



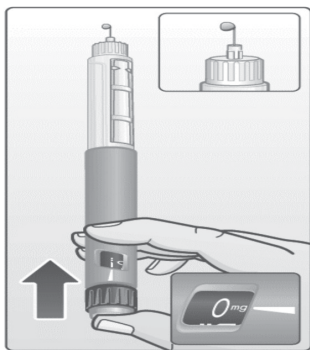
1. Wash your hands.



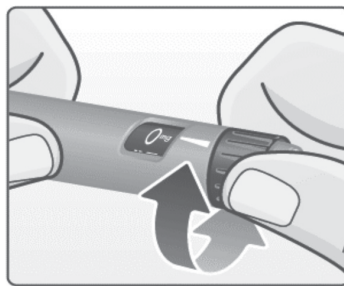
2. Attach pen needle.



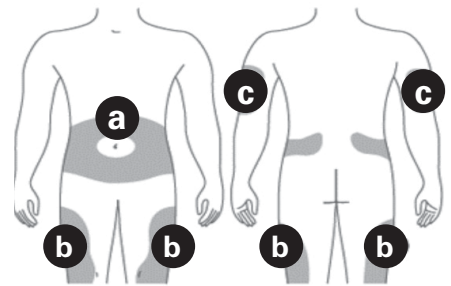
3. Dial 2 units of insulin.



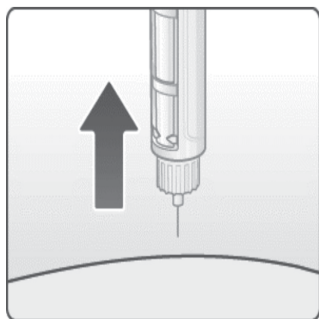
4. Waste 2 units of insulin.



5. Dial ordered insulin dose.



6. Select injection site and clean area.  
Recommended sites:  
A, B and C.



7. Inject insulin:  
count to 10  
before removing.



8. Place used needle  
in sharps container.