

Acknowledgements



Reference

Association of Diabetes Educators Singapore (2018). Forum for injection technique Singapore FIT-SG: Recommendations for best practice in injection technique. <https://ades.org.sg/assets/FITSG.pdf>

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Single Vial Insulin Injection

Instructions on Preparation for Injection and Storage



Step 1: Getting Ready



- A** Wash your hands with soap and water, and dry thoroughly.



- B** Gather your supplies. Check the expiry date on the insulin bottle.



If your clear insulin does not appear clear and colourless, change to a new vial.



- C** Write the expiry date when you open up a new bottle of insulin.



Discard the bottle 4 to 6 weeks after opening, or as per manufacturer's instructions.



- 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.

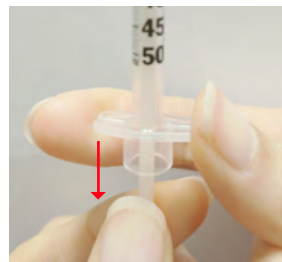


If your cloudy insulin is insufficiently mixed, repeat Step D again.



- E** Clean the rubber stopper with alcohol swab.

Step 2: Inject Air

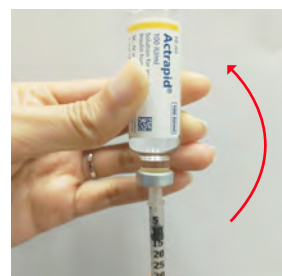


- A** Pull the plunger to draw air into the syringe. The amount of air drawn should be the same as the amount of insulin prescribed.

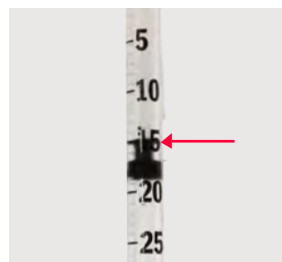


- B** Keeping the bottle upright, inject air into the bottle by pushing the plunger down completely.

Step 3: Draw Insulin

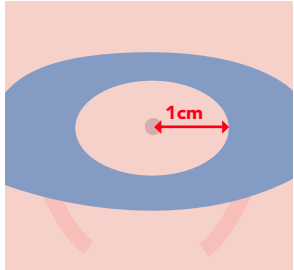


- A** Without removing the syringe from step 2, turn the bottle and syringe upside down and bring it to your eye level. Pull the plunger down to get the required amount of insulin.



- B** Read from the top of the black rubber ring (see arrow). Check for air bubbles. If present, tap the syringe and push the bubbles back into the vial. Pull the plunger down again to the prescribed dose and remove the syringe.

Step 4: Where to Inject Insulin

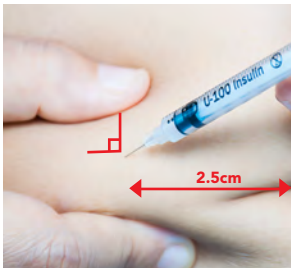


- A** The most common site of injection is the abdomen. Inject at least 2 finger width from belly button (1cm). Each injection should be spaced 2 fingers apart from the previous site. You can inject in the blue area as shown in the diagram.

! Do not inject insulin at the same site repeatedly.

Step 5: How to Inject Insulin

- A** Insulin injection should be given into a clean site with soap and water if needed. Discuss with your healthcare team if you need to disinfect with an alcohol swab. If alcohol is used, the skin must be allowed to dry completely before the injection is given.



- B** Lift a skin fold if needed. Children and slim patients using 6mm needle length may need to lift a skin fold for the insulin injection. Discuss with your healthcare team if needed.
- C** 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 the skin fold.

- D** Apply gentle pressure over the injection site with a finger for 5 seconds. Apply pressure for a few more seconds if bleeding occurs.

! Do not rub the injection site.

Step 6: Needle Disposal and Insulin Storage



- A** Throw used syringes into a home sharps box with a cover. Dispose the container when it is 3/4 full with the lid securely fastened.

! 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.