

# INSULIN 101: GIVING YOURSELF AN INSULIN SHOT

## HOW DO I GIVE MYSELF AN INSULIN SHOT?

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Your doctor or nurse will **teach you** how to give yourself an insulin shot. You will need either a prefilled insulin pen injector or a needle and syringe to draw up insulin from a small bottle.

The **pen injectors** are **easier** to use than the older syringes and insulin bottles. The injectors have pre-filled insulin cartridges and a needle. There is a knob at the end of the pen, which you can turn to mark the number of units you need to take. If you cannot turn the knob to set a dose, it means there is not enough insulin left in the pen. When this happens, it is time to start a new pen.

If you use a bottle and syringe, be sure you are using the **correct syringe** for your type of insulin. Using the wrong syringe with your insulin can cause a dangerous insulin overdose. Whether you are using an injector pen or a syringe, the way you give yourself the insulin shot is the same. Here's what you do:

1. Choose a **part** of the **body** (different parts of the body can be used for an insulin shot)
2. **Pinch** some skin and **quickly** insert the needle
3. **Push** the **plunger** down completely for a **count of five**
4. Let go of the skin and **remove the needle**
5. **Throw out** the needle (and syringe, if you are using one) in a container that is made for used needles

You should **never** use another person's insulin pen—even if the needle is changed—or let another person use yours.

