



How To Properly Fill A Needle with Insulin

Once you have chosen the correct insulin needle for self-injection, the steps are simple to draw up the solution.

Before inserting the needle, you will need to roll the vile in your hands for several seconds. It is important to remember not to shake the vile because air bubbles can give an inaccurate reading in your syringe. After washing your hands, carefully wipe the top of the vile with an alcohol swab. Then, you may follow these simple steps to accurately fill a needle with insulin.

- Open the insulin needle from its packaging.
- Twist and remove the orange cap of the needle carefully, ensuring not to touch the needle with your hands or to any surfaces.
- Carefully pull back the plunger to the amount of insulin you want to draw out. This allows you to inject enough air into the vile to withdraw the appropriate amount of insulin easily.
- Insert the needle carefully through the rubber top of the insulin bottle and inject the air from the syringe.
- While carefully holding the syringe in your hand (still inserted into the vile), turn both upside down, and withdraw the proper amount of insulin into the syringe by carefully pulling back on the plunger. Be sure that the needle inside the vile is below the liquid level of the insulin so that you aren't drawing up lots of air.
- If you've accidentally withdrawn an air bubble, tap the sides of the syringe until the air bubble dissipates. If this doesn't work, you can re-inject the insulin into the vile and redraw the insulin while the needle is still inside. Small air bubbles are not necessarily dangerous; however, it will affect the accuracy of your dose.
- Remove syringe from the vile and perform injection.
- When finished, dispose of the needle and syringe properly.

Tips to remember:

Re-inserting a needle through the rubber cap will dull the needle. These syringes are intended for a one time use. Injecting cold insulin will sting, so it is best to wait until the insulin has warmed up before injecting.