

Mixing Insulin

GENERAL INFORMATION

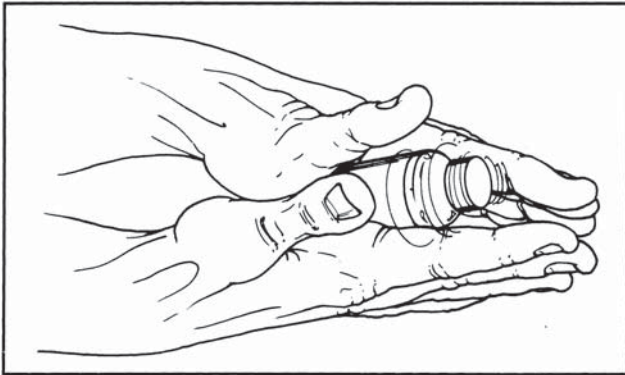
Your doctor may prescribe a combination of insulin types. By mixing the shorter-acting (regular) and longer-acting (NPH/Lente) insulins, you can give one injection.

EQUIPMENT

- Insulin: both shorter-acting (regular) and longer-acting (NPH/Lente)
- Needle and syringe
- Alcohol wipe or cotton ball moistened with isopropyl alcohol

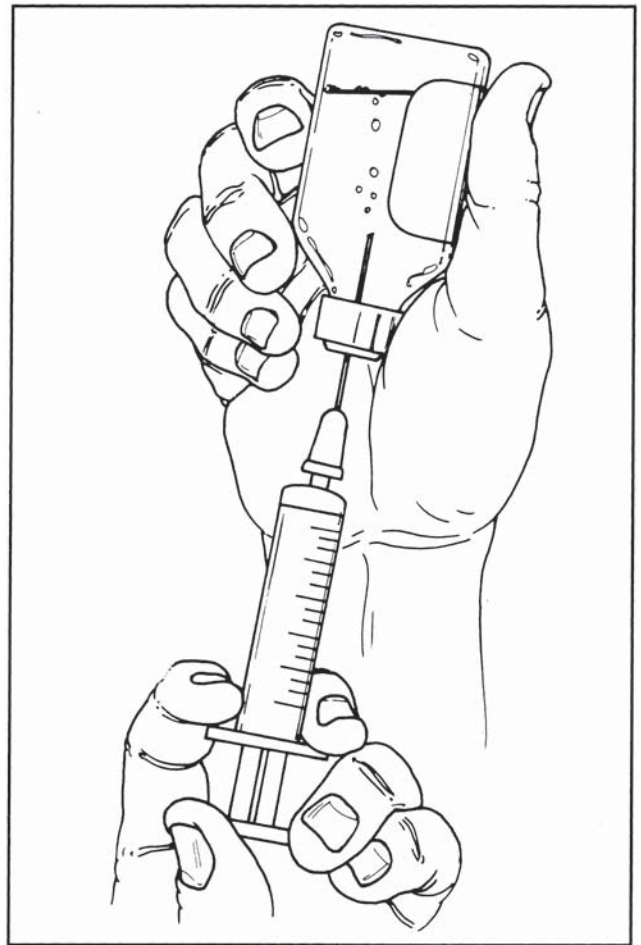
STEPS

1. Wash hands.
2. Roll each insulin bottle back and forth between your palms to mix the insulin. Do not shake the bottle.



3. Clean the top of each insulin bottle with an alcohol wipe.
4. Draw air into the syringe equal to the dose of the longer-acting insulin by pulling back on the plunger.
5. Stick the needle through the rubber top of the longer-acting insulin bottle. Push the plunger in.
6. Pull out the empty needle and syringe without removing any insulin.
7. Draw air into the syringe again, equal to the dose of the shorter-acting insulin.
8. Stick the needle into the shorter-acting insulin bottle. Push the plunger in.

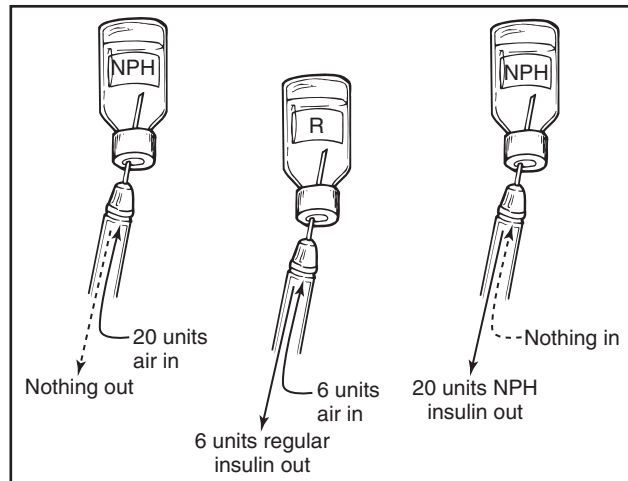
9. Turn the syringe and bottle upside down. Hold at eye level.
 - a. Keep the needle tip covered by insulin to prevent air bubbles in the syringe.
 - b. Hold the syringe and bottle in one hand.



10. With your other hand, pull back slowly on the plunger until the right dose of the shorter-acting insulin is in the syringe.
11. Check for air bubbles in the syringe.
 - a. To remove air bubbles, lightly tap the syringe and then push in the plunger until the bubbles are gone.
 - b. Pull the plunger down until you have the right dose of insulin in the syringe again.

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12. Double check the insulin dose in the syringe and pull the needle and syringe from the bottle.
13. Put the same needle and syringe into the bottle of *longer-acting* insulin.
14. Turn the syringe and bottle upside down.
15. Keep the needle tip covered by insulin to prevent air bubbles in the syringe.
16. *Slowly* pull down on the plunger to the number of units in the *total* dose:
 - a. Do not go past the number of units in *your* dose.
 - b. Do not push any insulin back into the bottle. *For example only:* if you wanted to take 6 units of regular (shorter-acting insulin) and 20 units of NPH/Lente (longer-acting insulin), your total number of units would be 26.
17. Always double check the insulin dose in the syringe.



18. Pull the needle and syringe out of the bottle and put on the needle cap.

OTHER INSTRUCTIONS
