## HOW TO PREPARE SINGLE DOSE INSULIN

1. Wash hands with warm, soapy water.



2. If using cloudy insulin (NPH, 70/30, 75/25, 50/50), roll bottle between hands.



**3.** Clean rubber stopper of insulin bottle with alcohol.



**4.** Fill syringe with air equal to the number of units of insulin you will be taking.

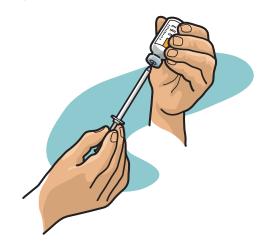




**5.** Insert needle into the bottle and push air into the insulin bottle.



**6.** Turn syringe and bottle upside down and draw out your dose of insulin.



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