## 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.



Provided by Clinica Family Health. © 2011 Learning About Diabetes, Inc. All rights reserved. Rev. 2018