





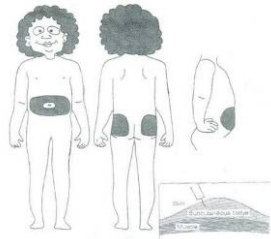




This document is for nursing staff at Starship Hospital to use whilst they are teaching newly diagnosed families how to inject insulin.

# Syringe Insulin Administration

<p><b>1. Check Insulin</b></p> <ul style="list-style-type: none"> <li>• Ensure the correct insulin is available.</li> <li>• Check the date opened.</li> <li>• Check the date expired.</li> <li>• Mix the Protophane or Humulin NPH insulin by rolling or tipping it 20 times. Do <b>NOT</b> shake it.</li> </ul> 	<p><b>2. Collect equipment</b></p> <ul style="list-style-type: none"> <li>• Ensure the correct unit syringe is available (30/50/100 units).</li> <li>• In hospital swab top of bottles, this will not need to be done at home.</li> </ul> 	<p><b>3. Air into Protophane, or Humulin NPH</b></p> <ul style="list-style-type: none"> <li>• 10ml insulin vials have airlocks.</li> <li>• Stand the vial upright to avoid the insulin touching the needle.</li> <li>• Inject air into the bottle equal to the dose Protophane or Humulin NPH insulin required and with-draw the needle.</li> </ul> 	<p><b>4. Air into Novorapid, Actrapid, Humalog or Humulin R</b></p> <ul style="list-style-type: none"> <li>• 10ml insulin vials have air locks.</li> <li>• Inject air into the bottle of insulin equal to the dose of Novorapid, Actrapid, Humalog or Humulin R insulin <b>plus 2</b> units.</li> <li>• Leave the needle in the bottle and turn it upside down.</li> </ul> 	<p><b>5. Draw up Novorapid, Actrapid, Humalog or Humulin R</b></p> <ul style="list-style-type: none"> <li>• Draw up dose of Novorapid, Actrapid, Humalog or Humulin R insulin required plus 2 extra units to allow you to get rid of any bubbles.</li> <li>• Remove syringe and flick the bubbles to the top of the syringe and then into the centre.</li> <li>• Push out any air bubbles and extra until you have the correct dose.</li> </ul> 
<p><b>6. Draw up Protophane or Humulin NPH</b></p> <ul style="list-style-type: none"> <li>• Draw back the amount of Protophane or Humulin NPH insulin you want.</li> <li>• The total should be the sum of both types of insulin.</li> <li>• If too much cloudy insulin has been withdrawn, discard and start again.</li> </ul> 	<p><b>7. Ready to inject!</b></p> <ul style="list-style-type: none"> <li>• Injections need to be given into the fatty layer under the skin.</li> <li>• People with newly diagnosed diabetes have lost lots of body fat.</li> <li>• If you are unsure where to inject check with the diabetes nurse specialists.</li> </ul> 	<p><b>8. Pinch!</b></p> <ul style="list-style-type: none"> <li>• Select appropriate site for injection.</li> <li>• Take a pinch of skin at the chosen site.</li> <li>• The pinch needs to be at least the depth of the needle.</li> </ul> 	<p><b>9. Inject</b></p> <ul style="list-style-type: none"> <li>• Insert the needle at a 45° angle along the line of the pinch.</li> <li>• Inject insulin.</li> <li>• Let go of the pinch ensuring the needle stays in the skin by applying slight pressure on the syringe.</li> <li>• Count 1 to 5.</li> <li>• Remove the needle and put it in a sharps bin.</li> </ul> 	<p><b>10. Food</b></p> <ul style="list-style-type: none"> <li>• Most insulins are given before a meal or snack.</li> <li>• If <b>Actrapid</b> or <b>Humulin R</b> has been given-wait 20-30 mins before eating so that the insulin is active at the time of eating.</li> <li>• If <b>Novorapid</b> or <b>Humalog</b> has been given food should be available straight away.</li> </ul> 