

# 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.

