Insulin

It is used as a medicine in diabetics to lower blood sugar. Deficiency or deficiency in insulin production causes diabetes.

Equipment for injecting insulin:

- Insulin Syringe: The cheapest and most accessible way to inject a combination of clear and milky insulin.
- Insulin pen
- Insulin vial

Sites for injecting insulin: Abdominal, arm, thighs and buttocks

How to inject insulin

- Wash your hands thoroughly before each injection.
- If using NPH, gently roll the glass between your hands, but do not shake the glass.
- Clean the plastic cap with an alcohol swab.
- Get as much air into the glass as you need insulin.
- Turn the glass over and insert the required amount of insulin into the syringe. If you inject two types of insulin, first take clear insulin and then milk.
- After drawing insulin into the syringe, remove the air with a few blows to the body of the syringe.
- If you use cotton alcohol before the injection, it must be dried (if the skin is clean, you do not need alcohol cotton)
- With your thumb and forefinger, lift the skin at the injection site and pinch the skin in people.
- Take the syringe with the other hand and insert the injection subcutaneously (at a 90-degree angle) into the needle head.
- Insert the tip of the needle sharply into the skin.
- After injection, put an alcohol swab on the site and remove the needle tip.

Important notes

- Opened insulin vials can be stored in the refrigerator for up to 28 days at 2 to 8 °C.
- Note the expiration date of the insulin.
- All injectable areas should be used, not more than once every 2-3 weeks.
- If you exercise, do not inject into the organ you are exercising as it lowers blood sugar.
- Insulin temperature should be similar to room temperature, remove from the refrigerator 30 minutes before injecting a glass of insulin.
- It is best to take insulin 20-30 minutes before a meal.
- Take the symptoms of low blood sugar (chills, anger, hunger and sweating) seriously. If you have low blood sugar, you can use 2 to 3 sugar cubes or half to one cup of juice.
- Insulin injection should be done before breakfast and dinner.
Reduce your need for insulin by exercising regularly

If you have any questions or problems, call the following number:

023-34222234, Motamedi Hospital