

How To Take An Insulin Shot

1. Clean the top of insulin bottle with alcohol. Clean the area you plan to give yourself a shot with alcohol.



2. Pull the syringe back to get air in it. Put the syringe into the bottle, then push the air into the insulin bottle.



3. Turn the bottle upside down and pull back the plunger until the correct amount of insulin is in the syringe. Insert the syringe into the area and push in the plunger. Pull the syringe back out and discard properly.

