












How to Perform Injection



1	Wash hands thoroughly to prevent bacterial infection.	
2	Wipe the top of the vial with an alcohol wipe.	
3	Hold the vial upside down with one hand and insert the needle into the vial, ensuring it's all the way in and free of air bubbles.	
4	Slowly pull back the syringe to draw the correct dose in units. What is a unit? It is one, small tick mark on an insulin syringe. One syringe typically holds 100 units. 100 units = 1mL, so 25 units is only 0.25mL.	
5	Avoid touching the needle tip or letting it touch anything.	
6	Once you have the correct amount, remove the needle from the vial.	
7	Use an alcohol swab to clean the injection area on the skin. Let it air dry for about 60 seconds without touching the cleaned area.	
8	Gently tap the syringe to remove air bubbles.	
9	Pinch a fold of skin between your thumb and forefinger.	
10	Hold the syringe at a 45-degree angle and carefully insert the needle into the skin. Push the plunger slowly to inject the medication.	
11	After administering the medication, carefully remove the needle from the skin.	
12	Properly dispose of the needle and syringe following appropriate guidelines.	