

Step by Step Guide to Giving Insulin Injections

1. Take the insulin bottle out of the fridge and gently mix the contents – do not shake.
2. Obtain a syringe – check that the syringe matches the insulin, either U-40 if using caninsulin or U-100 if using insuвет.
3. Remove the cap from the syringe and carefully insert the needle through the centre of the rubber top of the bottle.
4. Turn the bottle and syringe upside down and draw insulin into the syringe - draw more insulin into the syringe than the dose to be given.
5. Without removing the syringe from the bottle and while continuing to hold them upside down, gently tap the barrel of the syringe with a finger nail to dislodge any air bubbles which should then float up towards the needle.
6. Push the syringe plunger in order to push the air bubbles back into the bottle and to obtain the correct dose. Once the correct dose is obtained turn the bottle and syringe the right way up and remove the syringe from the bottle.
7. Go to your pet and gently pull up a fold of skin and then push the needle into the skin fold as far as it will go.
8. Before injecting the insulin it is very important that you slightly pull back the plunger but not the syringe – if blood appears in the syringe you must not inject the insulin but immediately withdraw and discard the syringe in the sharps container and start again from the beginning.
9. If no blood appears in the syringe then inject the full insulin dose.
10. If you are reusing the syringe carefully replace the cap on the needle and store with the insulin in the fridge out of reach of children. If you are discarding the syringe place it in the sharps container and then return the insulin to the fridge.