

Insulin injections

1



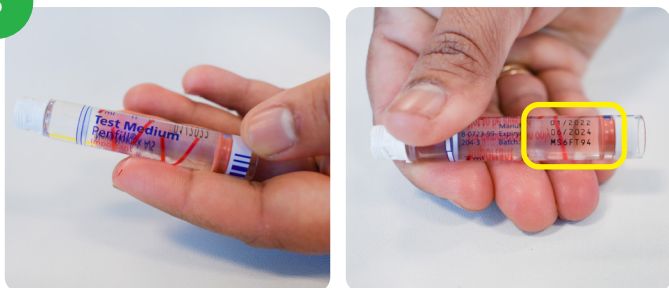
Hand hygiene

2



Prepare injection

3



Check name of insulin and expiry date

4



Clean the tip

5



Dial to 2 and discard the insulin

6



Dial dose

7



Inject and hold for 10 seconds

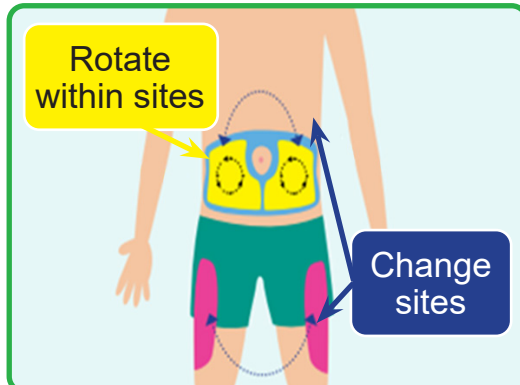
8



Place cap on needle and unscrew.
Put sharps in bin.

Rotate
within sites

Change
sites



Scan the QR code for more details
on insulin injections

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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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