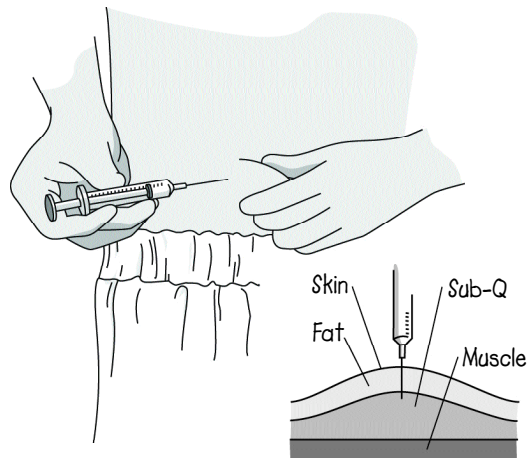
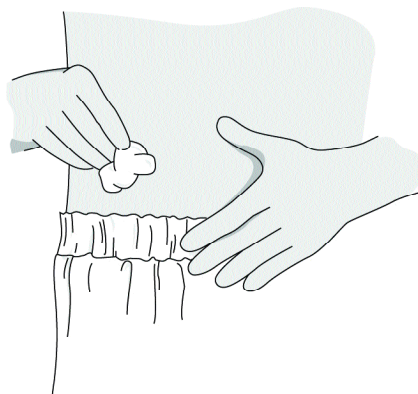


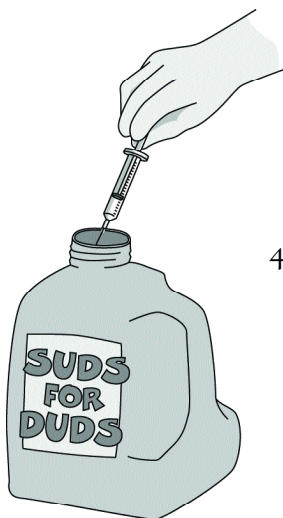
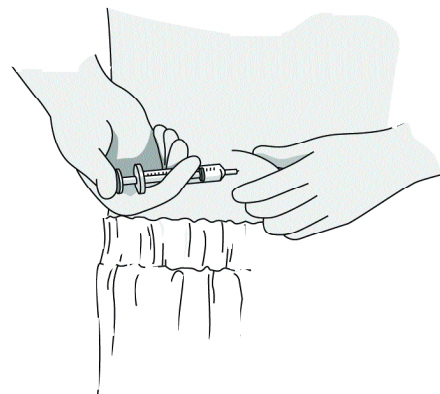
# Preparing an Insulin Injection

1. Clean the skin where the shot is to be given.  
The best place to give the injection is in your stomach.



2. Pinch up a large area of skin. Pick up the syringe with the other hand and hold the syringe like a pencil. Put the needle straight into the skin (90° angle). Be sure to insert the needle all the way.

3. Inject the insulin by pushing the plunger all the way down, using less than 5 seconds to give the dose.  
Wait 3 seconds before removing the needle.



4. Throw away the syringe as directed –  
in a hard plastic container, such as a soap or bleach bottle.