

# Giving Insulin Shots (R Only)

## Directions:

Note: be careful with **R** insulin. Too large a dose could result in coma.

Wipe the top of the insulin (**R**) with alcohol swab.

Remove protective plastic pieces from syringe.

Inject air into the insulin (**R**).

(The insulin is in a vacuum. Example: To withdraw 1 unit of insulin, 1 unit of air must first be put into the vial.)

Hold vial upside down and draw more than the required insulin into syringe.

Remove needle from vial and eliminate all air bubbles.

(It is very important that air bubbles be removed entirely as we are drawing a very small amount of insulin into the syringe. Air bubbles will significantly change the amount of insulin withdrawn.)

**To remove air bubbles**, snap syringe. (Do not snap syringe while needle remains inside the vial, it can bend the needle.)

Put needle back into vial and adjust insulin to desired amount.

(Be very precise about this. The first line is zero. Plunger must rest exactly on the line desired, not slightly above or below. Once again, the amount of insulin is so small that accuracy in amount is critical.)

Remove needle from vial when desired amount of insulin has been withdrawn.

Be careful not to push the plunger until you are ready to give the shot.

Carefully replace orange cap over needle.

Insert syringe into rocket. Latch rocket over plunger handle.

Press button on rocket to expose orange cap.

Remove orange cap.

Cock the rocket.

Wipe skin with alcohol swab.

Place rocket on skin. Do not press down much. Twist one quarter turn.

Press button and push plunger. Count a quick 1, 2, 3, 4, 5. Remove rocket/needle.

**DO NOT PRESS ON SKIN AFTER GIVING SHOT -  
INSULIN WILL OOZE BACK OUT.**

If the injection site bleeds, touch very, very gently with a kleenex.

Remove syringe from rocket and cap carefully. Check to see that all the insulin was injected. If not, place back in rocket and finish the remaining insulin.

Dispose of syringe.

**If at any time during this process the needle is dropped or touches anything that is not sterile, throw it away and begin again.  
Syringes are cheap.**

**Do not re-inject any leftover insulin back into the sterile vial.**

## Items Needed:

Insulin - R

Alcohol Swab

Syringe

Rocket

Do not re-inject any extra or unused back into the sterile vial.