



Take a minute:
Better Discussions
 for better diabetes care support

How to inject with an insulin syringe: key takeaways

The Challenge: The ADA 2019 Standards of Medical Care in Diabetes emphasizes that proper injection technique is important to effective insulin therapy and may help with patient outcomes.¹ Therefore, we need to ensure that patients and/or caregivers understand correct insulin injection technique.

The Opportunity: For patients filling a prescription for an insulin vial, offer the following assistance.

- Select the correct insulin syringe:
 - Needle length: **6mm***
 - Barrel size: see table below for guidance on selecting barrel size based on number of units of U-100 insulin

Insulin dosage (units)	0–Up to 25 units	26–45 units	46–100 units
Recommended insulin syringe capacity	3/10 mL (half-unit scale) or 3/10 mL (one-unit scale)	1/2 mL 26–45 units	1 mL 46–100 units

- Refer to attached instructions on how to inject with an insulin syringe

Examples of good questions to drive patient engagement:

- I've noticed that you're new to insulin, and I understand that injecting a medication may be overwhelming. Can I take a minute to review proper injection practices with you?
- Is there anything that I can show or explain to you that would help with your current injection needs?
- What are the biggest challenges you face when administering your insulin?

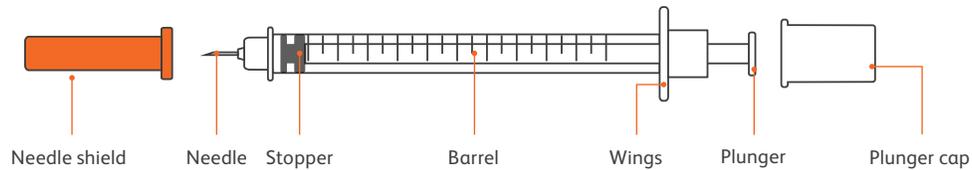
*Recent evidence supports the use of short needles (e.g., 6-mm insulin syringes) as effective and well tolerated when compared to longer needles¹

1. American Diabetes Association. Standards of Medical Care in Diabetes—2019. Diabetes Care. 2019;42(Suppl 1):S90-102.



6 mm insulin syringe needle

Parts of an insulin syringe

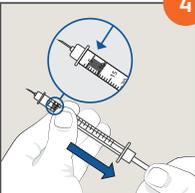


How to inject

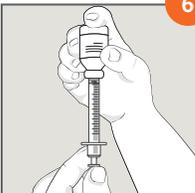
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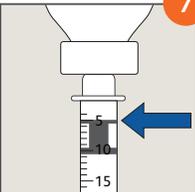
1 Wipe the top of the insulin bottle. Arrange your supplies. Wash your hands. **To expose the plunger, twist the white plunger cap then pull it off.**
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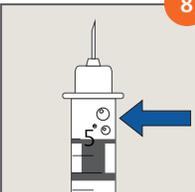
2 If you are taking cloudy insulin, roll the bottle between your hands until it is uniformly cloudy. To avoid the formation of air bubbles, **do not shake** the bottle of insulin.
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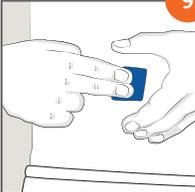
3 To expose the needle, **twist the orange needle shield then pull it straight off**, being careful not to bend the needle or let the needle touch anything.
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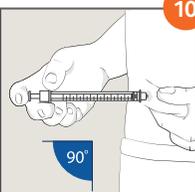
4 Pull the insulin syringe plunger down; align the thin black line of the plunger (closest to the needle) with the desired number of units on the insulin syringe. You need air in the insulin syringe equal to the amount of insulin you will take.
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5 Hold the insulin syringe like a pencil. Push the needle straight through the center of the rubber top of the insulin bottle and **push the plunger down completely.**
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6 Leave the needle in the insulin bottle. Carefully **turn the bottle and the insulin syringe upside down** so the bottle is on top.
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7 Pull the plunger down slowly. Align the thin black line of the plunger (closest to the needle) with the **desired number of units** on the insulin syringe.
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8 If **air bubbles appear in the insulin syringe**, inject the insulin back into the vial. Then redraw the insulin following steps 6 and 7.
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9 Confirm the dose is correct, and then **clean a small area of skin**. Let it dry completely before injecting.
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10 Hold the insulin syringe like a pencil. **Pinch up your skin and push the needle quickly through the skin at 90° (straight in)** to the skin surface. **Push the insulin in with the plunger.** Pull the needle out of your skin. Release the skin pinch-up.
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11 Do not recap used needles. **Use the needle once** and dispose of it properly.

Please refer to the Instructions for Use for detailed information on how to use BD Veo™ Insulin Syringes with BD Ultra-Fine™ 6mm needle.

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