

HOW TO MIX

INSULIN



1° STEP

Remove the caps from the vials. If the insulin is a suspension (NPH), gently roll the vial between hands to mix. Scrub the tops of the vials with antimicrobial wipes and allow to dry.



2° STEP

With an insulin syringe, draw back the amount of air equal to dose of suspension (NPH) insulin. Inject air into the vial and remove the needle.



3° STEP

Draw back the amount of air equal to the dose of the regular (clear) insulin and inject air into the vial. Leave needle into vial and withdraw amount of prescribed regular insulin.



4° STEP

Calculate the total number of units for the ending amount of units of insulin by adding the number of units for each vial together.



5° STEP

Insert the insulin syringe needle into the suspension vial. DO NOT push any medication from the syringe into the vial.



6° STEP

Withdraw the suspension insulin into the insulin syringe and then remove the needle from the vial. Confirm appropriate amount of units in the insulin syringe.

