

Giving Insulin injections

STEP 1. PROPERLY STORE THE INSULIN

- Insulin is a fragile hormone. Exposing it to direct sunlight or high temperatures can render it ineffective. Keep bottles in the refrigerator when not in use and avoid temperature fluctuations by storing it on the fridge door.
- If the insulin bottle looks frosted, discolored, or might have been exposed to heat, start with a new vial. Expired insulin should be discarded. It's better to be safe and use a new dose if you have doubts.
- Insulin should be given only under the direction of your pet's doctor and following his/her specific instruction. Monitor your pet's behaviors and alert your doctor if you notice any change in your pet's condition.

STEP 2. PREPARE THE INSULIN INJECTION

- Gently roll the vial between your hands to mix the hormone evenly. Be careful NOT to shake the insulin as this will compromise the efficacy and may result in unmanaged glucose levels for your pet.
- Remove the needle safety cap of your one time use syringe and mark the correct dose on the needle by pulling back the plunger. There are 2 types of syringes used for insulin (U-40 and U-100) if you did not purchase syringes and insulin together ensure that the correct dosing syringe is being used. The syringe body is marked per units.
- With the vial upside down, insert the needle through the stopper and into the bottle. Depress the plunger to force air into the bottle so you'll be able to cleanly draw the insulin and ensure the proper amount is given.
- Measure the proper dosage by drawing back on the plunger until the plunger stop is marking the correct amount (Example 5 units). Withdraw the needle from the bottle.
- Double check the dosage (again, measuring from the front end of the stop) and check for air bubbles in the dose. If you see air bubbles, depress the syringe into the bottle and start again.
- Replace the cap on the needle to avoid accidents.
- Return the insulin to the fridge door.

STEP 3. GIVE YOUR PET THE INJECTION

- Hold the syringe in your dominant hand and gently lift some skin up from your pet's shoulder or back with the thumb and index finger of your free hand. This will create a "tent" effect. Your fingers should be about an inch apart. Choose a different spot each time for the injection to avoid creating a granuloma.

TIP: Try to establish a calm, happy routine with your pet around the time of injections. Give a vet approved treat or do some petting while holding the capped needle to make your pet

comfortable. You may also want to give the injections while on the same level as your pet, to avoid seeming too dominant or threatening.

- When all is ready, uncap the needle.
- In a smooth, swift motion, push the needle through the skin tent using a 45 degree angle. Steadily, draw the needle back (as you did when drawing the insulin) to ensure that you have not poked a blood vessel. If no blood is seen in the syringe, depress the plunger to dispense the entire dose. You want to give the injection just under your pet's skin and not accidentally in the fur.
TIP: If your pet has long or very thick hair try brushing or rolling the fur to the side before tenting the skin. If necessary, you may shave a small area of the hair while getting comfortable giving the injections.
- Remove the needle and immediately replace the syringe cap. Dispose capped syringe in proper sharps container. When the sharps container is full, return it to your pharmacy or veterinary office.
- Don't forget to reward your pet afterwards! This can mean soothing praise, snuggling, or a treat. This is an important part of making this a stress-free process for you both.