



NRH

**National Rehabilitation
University Hospital**

An tOspidéal Náisiúnta Athshlánúcháin

Insulin Administration Correct Technique



**Name of
Insulin: NOVOMIX® 30**

Dose:

Frequency:

Steps to follow when administering your insulin

1. Wash your hands with water and dry well.
2. Check blood glucose level and write your reading in the diary.
3. Push and screw on a new needle on to your insulin pen and remove both covers of the needle.
4. **Roll** the pen between your palms 10 times. Keep the pen horizontal.
5. **Rock** the pen up and down 10 times so the glass ball moves from one end of the cartridge to the other.
6. **Repeat** the roll and rock until your Novomix[®] 30 is uniformly white, cloudy, and aqueous (watery). Do not use the pen if the resuspended insulin does not look uniformly white, cloudy, and aqueous.
7. Dial up 2 units and hold the pen upright squirt into air to clear any bubbles out of the needle. Ensure dial goes back to zero.
8. If you do not see insulin coming out of the needle, repeat step 4 until you see insulin coming out the needle.
9. Dial up your dose of insulin.
10. Choose your injection site (abdomen) and insert needle straight into skin.
11. Press the button on the top of the pen and watch the dial go to zero.
12. Leave the needle in the skin for 10 seconds.
13. Withdraw the needle from the skin.
14. Recap needle with the clear outer cover and unscrew the needle from the pen.
15. Dispose the needle safely in a sharps bin.