



# NRH

**National Rehabilitation  
University Hospital**

An tOspidéal Náisiúnta Athshlánúcháin

## **Insulin Administration**

**Correct Technique**



**Name of  
Insulin:**

**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 dairy.
3. Push and screw on a new needle on to your insulin pen and remove both covers of the needle.
4. Dial up 2 units and hold the pen upright and squirt into the air to clear any bubbles out of the needle. Ensure dial goes back to zero.
5. If you do not see insulin coming out of the needle, repeat step 4 until you see insulin coming out of the needle.
6. Dial up your dose of insulin.
7. Choose your injection site (abdomen or thigh) and insert needle straight into the skin.
8. Press the button on the top of the pen and watch the dial go back to zero.
9. Leave the needle in the skin for 10 seconds.
10. Withdraw the needle from the skin.
11. Recap needle with the clear outer cover and unscrew the needle from the pen.
12. Dispose the needle safely in a sharps bin.