

Drawing Up One Insulin

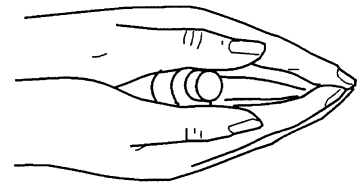
To control your diabetes you need to take insulin. Insulin can only be given by injections, also called shots. Your doctor will tell you how much insulin to take and how often to take it.

Getting Ready

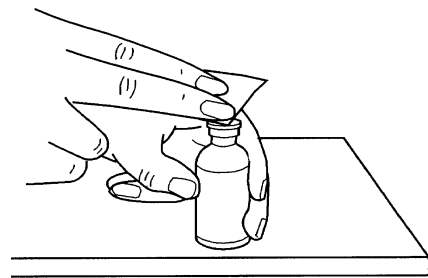
1. Gather the needed supplies
 - Insulin
 - Insulin syringe
 - Alcohol pad
2. Wash your hands with warm water and soap. Dry your hands.

What to Do

1. Check the label on the insulin bottle to make sure you are using the correct insulin.
2. Check the expiration date on your insulin bottle. **Do not** use expired insulin. Throw away any insulin left in the bottle 30 days after you first open the bottle.
3. Gently roll the bottle of insulin between your hands until it is mixed. Do not shake the insulin bottle because this can cause air bubbles.



4. Wipe off the top of the insulin bottle with an alcohol pad then do not touch the top of the bottle.



抽取一支胰岛素

要控制糖尿病，您需要用胰岛素。胰岛素只能注射使用，也称为打针。您的医生将告诉您要打多少胰岛素和打针的频率。

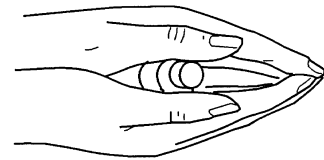
准备工作

1. 将所需用品收集好
 - 胰岛素
 - 胰岛素注射器
 - 酒精垫
2. 用温水和肥皂洗手。将手擦干。

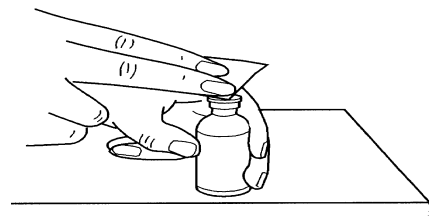
该做什么

1. 检查胰岛素瓶上的标签，确定您使用的胰岛素是对的。
2. 检查胰岛素瓶上的失效期。**不要**使用过期的胰岛素。丢弃任何打开瓶盖后留在瓶子里 30 天的胰岛素。

3. 将胰岛素瓶子轻轻地在双手间转动直到混合为止。不要摇晃胰岛素瓶子，因为这样可能引起气泡。

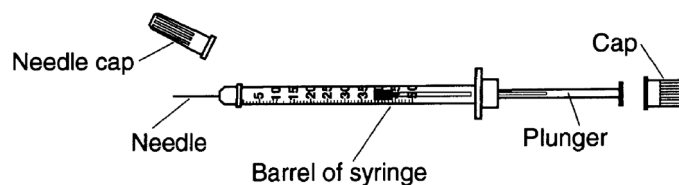


4. 用一个酒精垫擦拭胰岛素瓶瓶端，然后不再触碰这里。

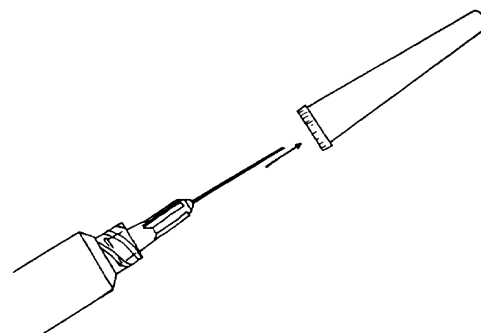


DRAW ONE INSULIN. Simplified Chinese.

5. Take the syringe out of its package or remove the plastic cap.

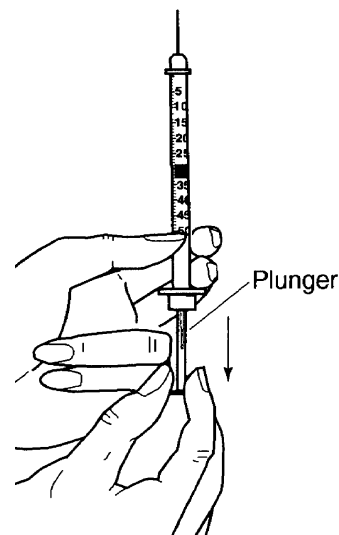


6. Take off the needle cap and place it on the table.

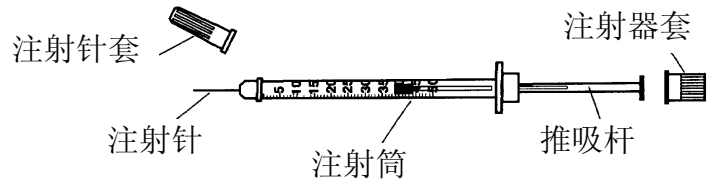


7. Pull the plunger of the syringe down to the number of units of insulin you need. The syringe will fill with air.

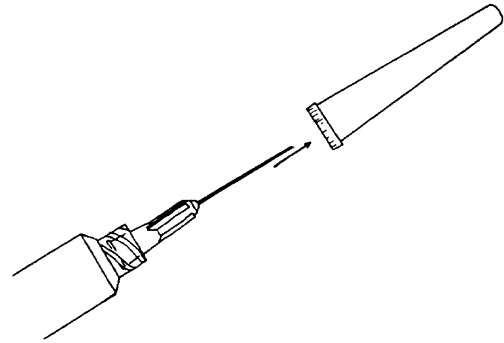
The syringe has small lines and numbers. The space between each line on the syringe is one unit. If you are using a 100-unit syringe, the space between each line is 2 units. Move the plunger so the dark end closest to the needle matches the number of units you need.



5. 从包件中取出注射器或除去塑料套。

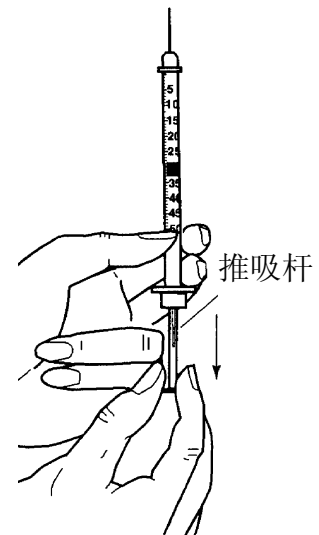


6. 除掉注射针套，将它放在桌上。



7. 将注射器的推吸杆拉到您需要的胰岛素单位数。
注射器将充满空气。

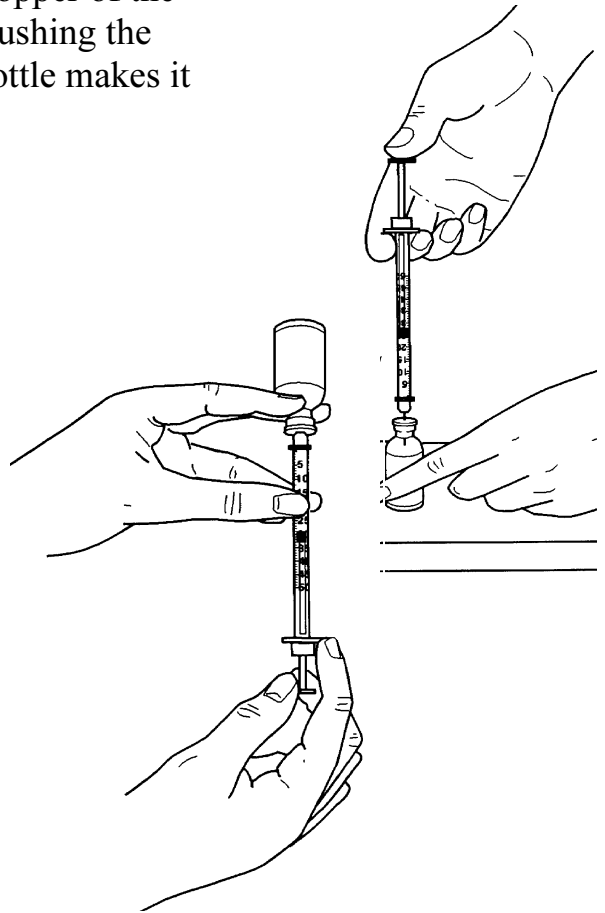
注射器有小线条和数字。注射器上每一线条之间的空隙是一个单位。如果您正使用一个 100 单位的注射器，每一线条间的空隙是 2 个单位。拉推吸杆，让最靠近注射针的黑端配上您需要的单位数。



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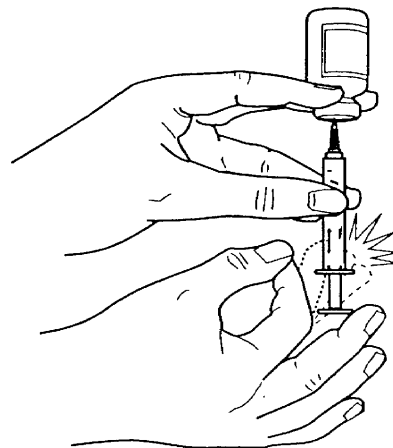
8. Carefully put the needle through the rubber stopper of the insulin bottle. Push the air into the bottle by pushing the plunger all the way down. Putting air in the bottle makes it easier to get the insulin out of the bottle.

9. Turn the insulin bottle upside down with the syringe still in place. Support the needle in the bottle so it does not bend. Pull the plunger down to the number of units of insulin you need.

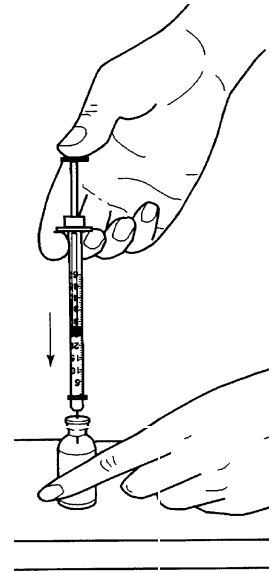


10. Check for air bubbles in the syringe. Air bubbles will not hurt you, but will take the place of insulin. This could cause you to get less insulin than you need because there is no insulin in the air bubble. If you see air bubbles:

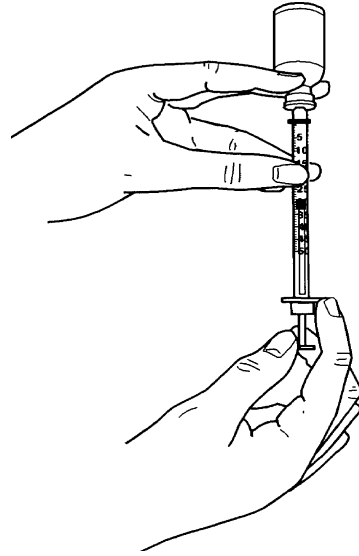
- Tap the syringe firmly with your fingertip to move the bubbles to the top of the syringe.
- Push the plunger up a few units until the air bubbles go back into the insulin bottle.
- Pull down on the plunger and fill the syringe with the correct amount of insulin.
- Check again for air bubbles.



8. 小心地将注射针刺入胰岛素瓶的橡胶盖。将推杆推到
底而将空气推入瓶内。这样做更容易将瓶内的胰岛素
吸出来。

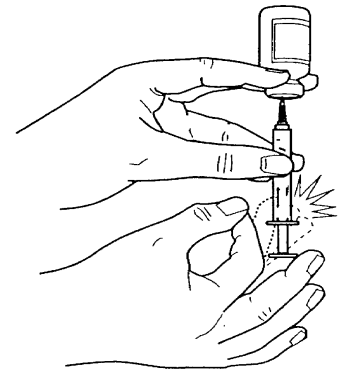


9. 让注射器保持原位而将胰岛素瓶
倒转。持住瓶内的注射针以使其
不弯曲。将推吸杆拉到您需要的
胰岛素单位数。



10. 检查注射器内的空气。气泡不会伤害您，但会占据胰岛素的空间。因为有气
泡的地方没有胰岛素，您得到的胰岛素就比您需要的少。如果您看见气泡：

- 用指尖用力敲打注射器，将气泡移动到注射器顶端。
- 将推吸杆推高几个单位直到气泡进入胰岛素瓶
内为止。
- 将推吸杆拉下使注射器装满正确量的胰岛素。
- 再检查一次气泡。



DRAW ONE INSULIN. Simplified Chinese.

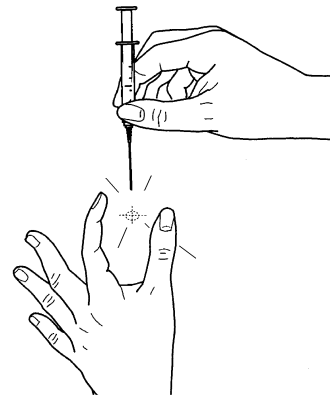
11. Take the needle out of the insulin bottle.

Giving the Insulin

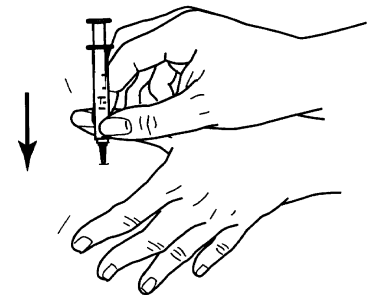
1. Clean the site with an alcohol pad. Let the alcohol dry. If you have just showered or bathed, you do not need to clean the site again.



2. Pinch up and hold the skin of the site with one hand. Hold the syringe like a dart or pencil as shown in the picture.



3. Put the needle straight into the skin at a 90 degree angle. Use a quick motion. The quicker you put the needle in, the less it hurts. Push the needle all the way into the skin.

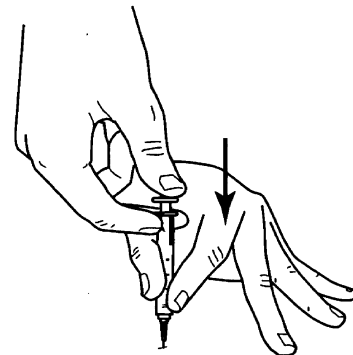


4. Push the plunger all the way down until all the insulin is in. Wait 5 seconds.

5. Let go of the pinch of skin.

6. Remove the needle.

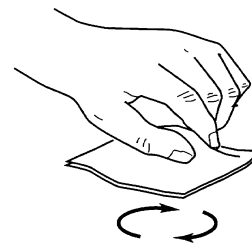
7. Check the site for any redness, bleeding or bruising. Put a band-aid on the site if there is bleeding.



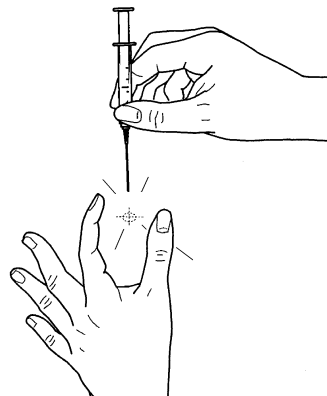
11.从胰岛素瓶里抽出注射针。

注射胰岛素

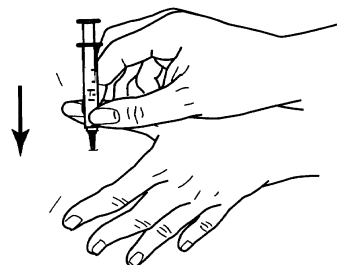
1. 用酒精垫清洁注射部位。让酒精干燥。
如果您刚冲过淋浴或洗过澡，
就不需要再清洁注射部位。



2. 一只手捏住注射部位的皮肤。
如图所示象持飞镖或铅笔一样持注射器。



3. 将注射针呈 90 度角直插入皮肤。插入要快。注
射针插入越快越不疼。将注射针完全插入皮肤中。

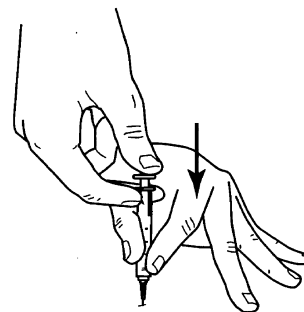


4. 将推吸杆推到底直到所有的胰岛素都已注入为止。
等 5 秒钟。

5. 松开捏住的皮肤。

6. 拔出注射针。

7. 检查打针部位是否有任何发红、出血或淤青。
如有出血，请在出血部位贴上创口贴。



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Clean up the supplies

1. Put the used syringe and needle into a needle disposal box. You can use a heavy puncture-resistant plastic container with a lid. **Do not** recap the needle. Throw away all other supplies in the trash.
2. Be sure to store new and used syringes and needles out of the reach of children and pets.
3. Wash your hands again.

Talk to your doctor or nurse if you have any questions or concerns.

清理用品

1. 将用过的注射器和注射针放入注射针处理盒子。您可用一个抗穿刺的有盖塑料容器。**不要**再戴上注射针套。将所有其它用品都丢入垃圾。
2. 请务必将新旧注射器和注射针储放在孩子和宠物接触不到的地方。
3. 再洗一次手。

如果您有任何疑问或关注事宜，请告知您的医生或护士。

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