

抽取一支胰岛素

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.

要控制糖尿病，您需要使用胰岛素。胰岛素只能注射使用，也称为打针。您的医生将告诉您需要注射多少胰岛素以及打针的频率。

Getting Ready

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

准备工作

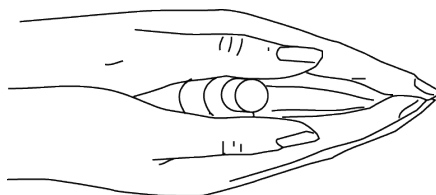
1. 收集以下用品
 - 胰岛素
 - 胰岛素注射器
 - 酒精棉片
2. 用温水和肥皂洗手。将手擦干。

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.

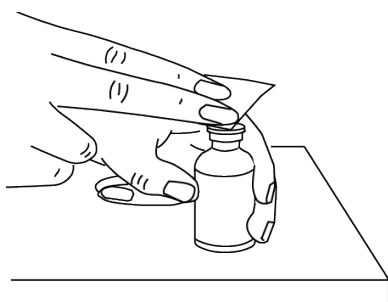
如何操作

1. 检查胰岛素瓶身上的标签，确定使用正确的胰岛素。
2. 检查胰岛素瓶身上的失效期。**不得**使用过期的胰岛素。如果胰岛素在打开瓶盖后30天内未使用，则将其丢弃。
3. 在双手间慢慢滚动胰岛素瓶，直到充分混合为止。请勿摇晃胰岛素瓶，否则可能引起气泡。

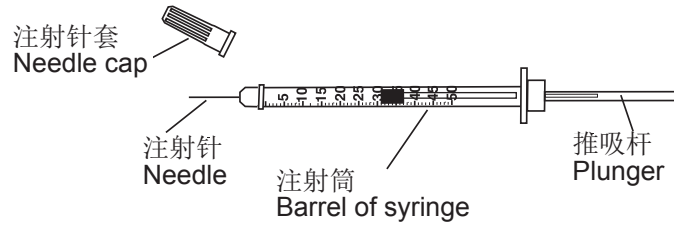


4. Wipe off the top of the insulin bottle with an alcohol pad, and then do not touch the top of the bottle.

4. 用酒精棉片擦拭胰岛素瓶瓶顶，然后不再触碰此处。

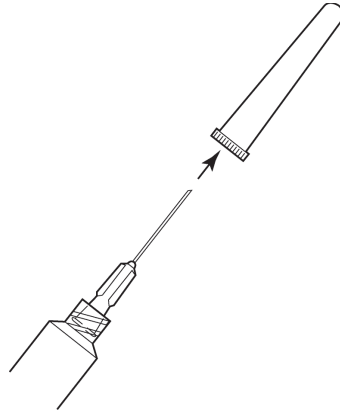


5. Take the syringe out of its package or remove the plastic cap.



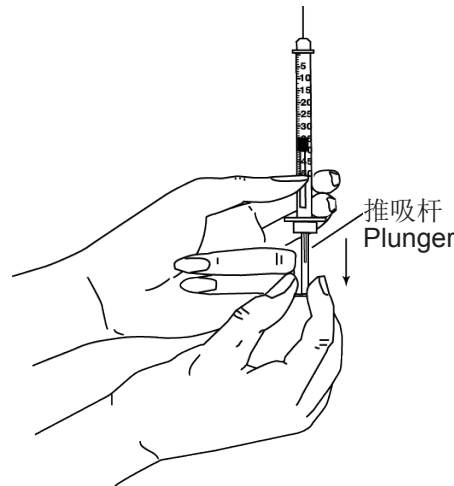
5. 从包装中取出注射器或除去塑料封套。

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



6. 摘下注射针套，将它放在桌上。

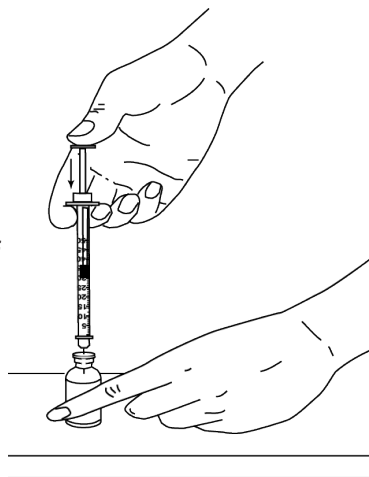
7. Pull the plunger of the syringe down to the number of units of insulin you need. The syringe will fill with air. The syringe has small lines and numbers. The space between each line on the syringe is one unit. If you are using a 100-unit syringe, the space between each line is 2 units. Move the plunger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



7. 将注射器柱塞向下拉至您所需的胰岛素单位数位置。注射器将充满空气。

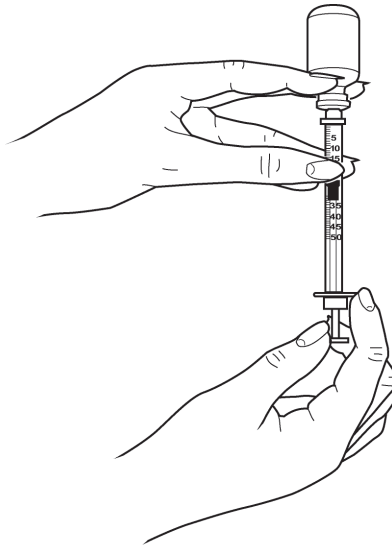
注射器上标有小线条和数字。相邻两条线之间的空隙即为一个单位。如果您正使用 100 单位的注射器，相邻两条线之间的空隙是 2 个单位。拉动柱塞，让最靠近针头的黑端处于您所需的单位数位置。将柱塞推到底以推入空气到瓶内。这样做更容易将瓶内的胰岛素吸出。

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.



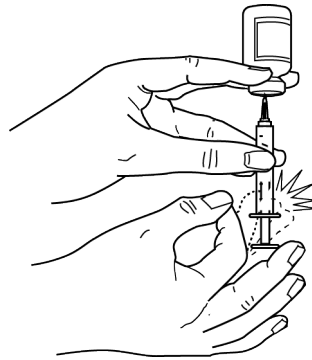
8. 小心地将注射针刺入胰岛素瓶的橡胶盖。将柱塞推到底以推入空气到瓶内。这样做更容易将瓶内的胰岛素吸出。

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.



9. 使注射器保持原位，同时倒置胰岛素瓶。控制瓶内的注射针以避免其弯曲。将柱塞向下拉至您所需的胰岛素单位数位置。

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.

10. 检查注射器内是否有气泡。气泡不会伤害您，但会占据胰岛素空间。由于气泡中不含胰岛素，因此您注射的胰岛素可能不足量。如果您看见气泡：

- 用指尖用力敲打注射器，使气泡移动到注射器顶端。
- 将柱塞向上推高几个单位，直到气泡进入胰岛素瓶内为止。
- 向下拉柱塞，使注射器充满正确液量的胰岛素。
- 再次检查有无气泡。

11. Take the needle out of the insulin bottle.

11. 从胰岛素瓶里抽出注射针。

Giving the Insulin

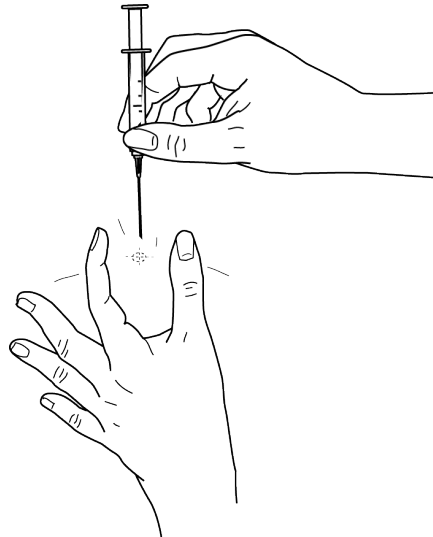
1. Clean the site with an alcohol pad. Let the alcohol dry. If you have just showered or bathed, you do not need to clean the site again.



注射胰岛素

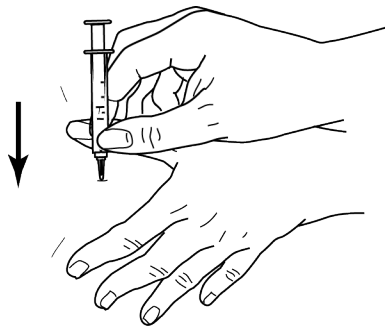
1. 用酒精棉片清洁注射部位。让酒精干燥。如果您刚刚淋浴或沐浴，则不需要再清洁注射部位。

- 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.



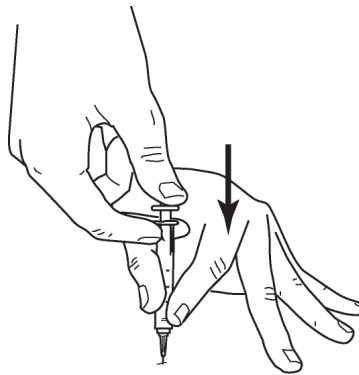
- 用一只手捏住注射部位的皮肤。如图所示，像手持飞镖或铅笔一样握住注射器。

- 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.



- 将注射针呈 90 度角直插入皮肤。插入速度要快。注射针插入越快越不疼。将注射针完全插入皮肤中。

- Let go of the pinch of skin unless you are told not to.
- Push the plunger all the way down until all the insulin is in. Wait 5 seconds.



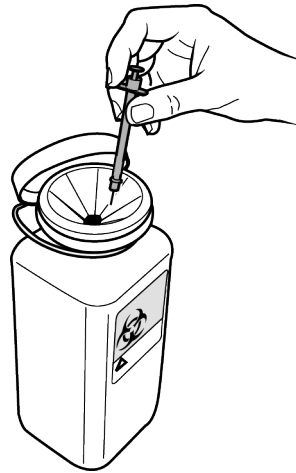
- 松开捏住的皮肤，除非有人指示您不要松开。
- 将柱塞推到底，直到所有胰岛素全部注入为止。等待 5 秒钟。

- Remove the needle. Put your finger on the site and apply pressure for 30 to 60 seconds.
- Check the site for any redness, bleeding or bruising. Put a band-aid on the site if there is bleeding.

- 拔出注射针。把指头放在注射部位上并按压 30 到 60 秒。
- 检查注射部位是否发红、出血或淤青。如有出血，请在出血部位贴上创可贴。

Clean Up the Supplies

- 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.



清理用品

- 将用过的注射器和注射针放入注射针处置盒。您可以使用一个防穿刺的有盖塑料容器。**请勿**重新盖上下注射针套。

- Be sure to store new and used syringes and needles out of the reach of children and pets.
- Wash your hands again.

- 请务必将新的及用过的注射器和注射针储放在孩子和宠物接触不到的地方。
- 再次洗手。

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

如果您有任何疑问或担忧，请告知您的医生或护士。