

抽取一支胰島素

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.

若要控制糖尿病，您需要使用胰島素。胰島素只能注射使用，亦稱為打針。您的醫生將告訴您要注射多少胰島素和打針的頻率。

Getting Ready

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

準備工作

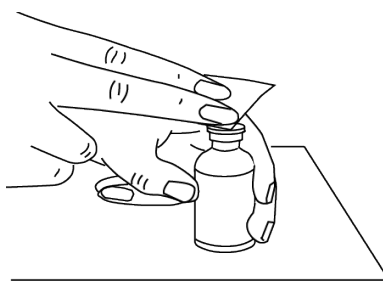
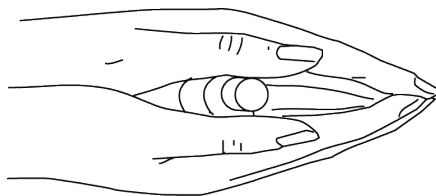
1. 將所需用品準備好
 - 胰島素
 - 胰島素注射器
 - 酒精棉片
2. 用溫水和肥皂洗手。將手擦乾。

What to Do

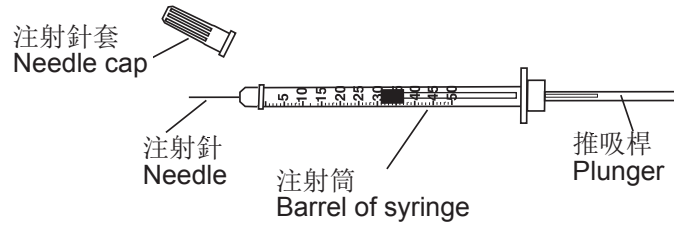
1. Check the label on the insulin bottle to make sure you are using the correct insulin.
2. Check the expiration date on your insulin bottle. **Do not** use expired insulin. Throw away any insulin left in the bottle 30 days after you first open the bottle.
3. Gently roll the bottle of insulin between 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, and then do not touch the top of the bottle.

該做什麼

1. 檢查胰島素瓶上的標籤，確定使用正確的胰島素。
2. 檢查胰島素瓶上的有效期限。**切勿**使用過期的胰島素。丟棄任何打開瓶蓋後留在瓶子裡 30 天的胰島素。
3. 將胰島素瓶子輕輕在雙手間轉動，直到混合為止。請勿搖晃胰島素瓶子，否則可能引起氣泡。
4. 用酒精棉片擦拭胰島素瓶瓶頂，然後請勿再觸碰該處。

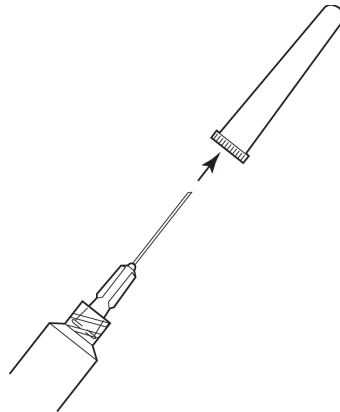


5. Take the syringe out of its package or remove the plastic cap.



5. 從包裝中取出注射器或除去塑膠套。

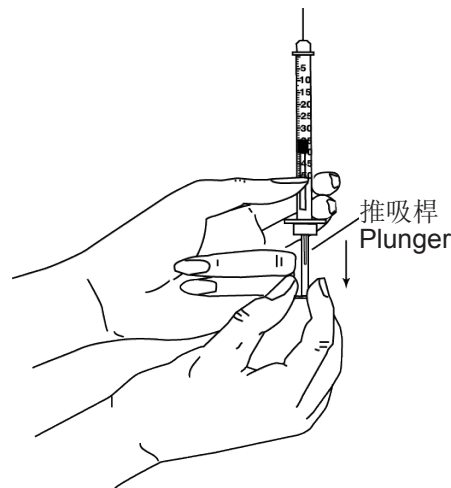
6. Take off the needle cap and place it on the table.



6. 摘下注射針套，將它放在桌上。

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

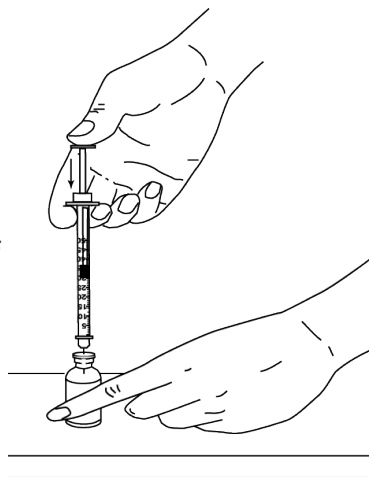
The syringe has small lines and numbers. The space between each line on the syringe is one unit. If you are using a 100-unit syringe, the space between each line is 2 units. Move the plunger so the dark end closest to the needle matches the number of units you need.



7. 將注射器的推吸桿拉到您需要的胰島素單位數位置。注射器將充滿空氣。

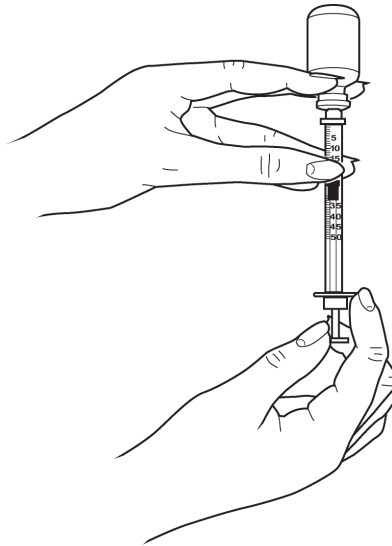
注射器上標有小線條和數字。注射器上每一線條之間的空隙是一個單位。如果您正使用一個 100 單位的注射器，每一線條之間的空隙是 2 個單位。拉推吸桿，讓最靠近注射針的黑端符合您需要的單位數位置。

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.



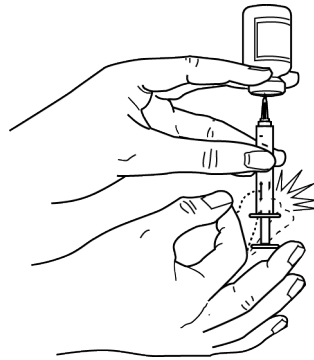
8. 小心地將注射針刺入胰島素瓶的橡膠蓋。將推桿推到底以將空氣推入瓶內。這樣做更容易將瓶內的胰島素吸出。

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. 讓注射器保持原位，同時將胰島素瓶倒轉。控制瓶內的注射針以使其不彎曲。將推吸桿拉到您所需的胰島素單位數位置。

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. 檢查注射器內是否有氣泡。氣泡不會傷害您，但會佔據胰島素的空間。由於氣泡中沒有胰島素，您得到的胰島素就比您需要的少。如果您看見氣泡：

- 用指尖用力敲打注射器，讓氣泡移動到注射器頂端。
- 將推吸桿推高幾個單位，直到氣泡進入胰島素瓶內為止。
- 將推吸桿下拉，使注射器裝滿正確量的胰島素。
- 再次檢查氣泡。

11. Take the needle out of the insulin bottle.

11. 從胰島素瓶裡抽出注射針。

Giving the Insulin

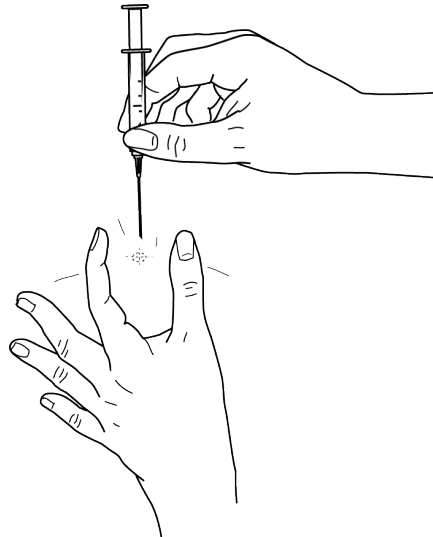
1. Clean the site with an alcohol pad. Let the alcohol dry. If you have just showered or bathed, you do not need to clean the site again.



注射胰島素

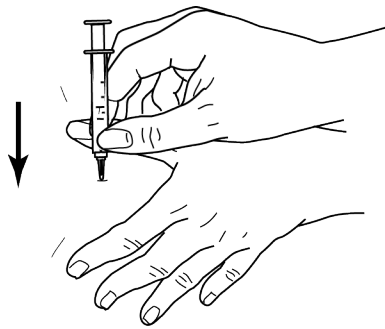
1. 用酒精棉片清潔注射部位。讓酒精乾燥。如果您剛淋浴或沐浴，則無需再清潔注射部位。

- 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.



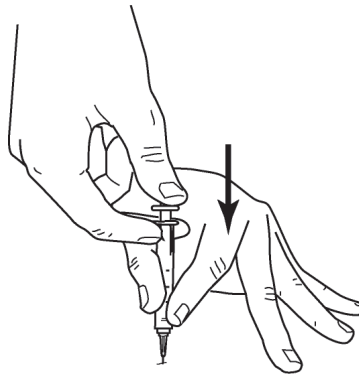
- 用一隻手捏住注射部位的皮膚。如圖所示，像持飛鏢或鉛筆一樣持注射器。

- 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.



- 將注射針呈 90 度直角插入皮膚。插入要快。注射針插入越快越不疼。將注射針完全插入皮膚中。

- 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.



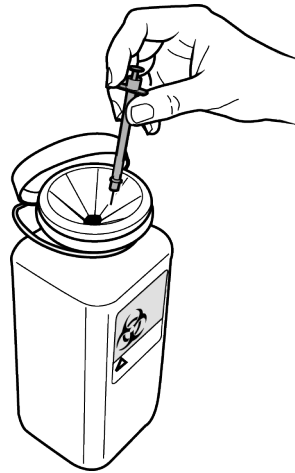
- 鬆開捏住的皮膚，除非有人指示不要鬆開。
- 將推吸桿推到底，直到所有胰島素皆已注入為止。等候 5 秒鐘。

- 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.

- 拔出注射針。把手指放在注射部位，按壓 30 至 60 秒。
- 檢查打針部位是否發紅、出血或淤青。如有出血，請在出血部位貼上 OK 繃。

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

- 將用過的注射器和注射針放入注射針處理盒。您可使用抗穿刺的有蓋塑膠容器。請勿重新套上注射針套。

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

- 請務必將新舊注射器和注射針儲放在孩子和寵物接觸不到的地方。
- 再次洗手。

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

如果您有任何疑問或擔憂，請諮詢您的醫生或護士。