



Insulin administration

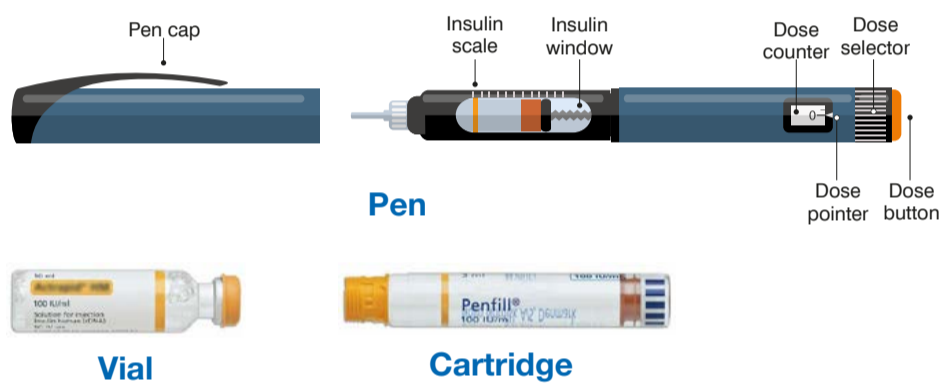
For primary care nurses and allied health professionals

Storage of insulin

Insulin in use can be stored for up to 30 days at room temperature, then must be discarded. Store unopened insulin in a refrigerator. If frozen or exposed to above 25-degree temperatures, do not use.

Do not use expired insulin.

Insulin devices



Insulin syringes

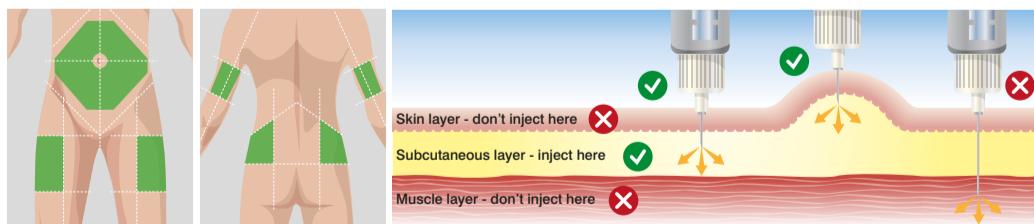
While insulin syringes are available in Australia, they are best avoided because there is a potential and serious risk of dosing error when drawing up insulin, especially as different strengths are available.



Injection site

Subcutaneous injection:

- » avoid scars and stretch marks
- » avoid muscle (pinch the skin if needed)
- » rotate site 1cm away from last injection site (use injection chart)
- » use only 4–6 mm needles.

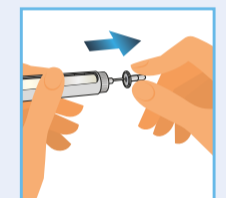
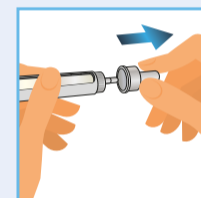
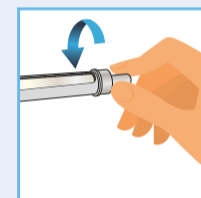
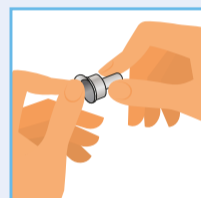


Using pen devices

- 1 Mix with gentle roll, mix cloudy insulins only (NovoMix 30®, Protaphane®)



- 2 Attach a new needle (Note: safety needles and safe needle disposal systems are available to minimise risk of needle stick injury)



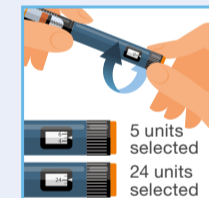
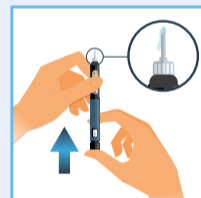
a. remove paper tab

b. screw onto pen

c. remove outer cap

d. remove inner cap

- 3 Prime needle with 2 units holding pen upright, dial up dose



- 4 Inject and hold for 10 seconds



- 5 Safely remove and dispose of needle. If using safety needles, see manufacturers guidelines

