

MIXING AND USING INSULIN VIALS

To mix short-acting (Regular or Toronto) or rapid-acting (Humalog®, NovoRapid® or Apidra®) insulin with intermediate-acting or "cloudy" insulin (NPH) from vials into one syringe, follow these instructions:

- 1) Read labels to make sure you have the correct insulin and check expiry dates.
- 2) Roll the vial of NPH insulin for 10 seconds. No shaking!
- 3) Draw into the syringe the same amount of air as the amount of NPH insulin to be given.
- 4) Inject this air into the vial of NPH insulin.
- 5) Remove the syringe and draw up air equal to the amount of short- or rapid-acting insulin to be given.
- 6) Inject this air into the vial of short- or rapid-acting insulin.
- 7) With the needle still in the vial, turn it upside down and withdraw the short- or rapid-acting dose.
- 8) Remove air bubbles from the syringe before taking the needle out of the vial of short- or rapid-acting insulin.
- 9) Remove the needle from the vial of short- or rapid-acting insulin and put the needle into the vial of NPH insulin.
- 10) Turn the vial of NPH insulin upside down and withdraw the NPH dose. Make sure none of the insulin goes back into the vial.
- 11) Check that the total number of units of insulin drawn up is correct.

