

# SunShine Animal Hospital Client Education Series

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## **STEP-BY-STEP GUIDE TO GIVING INSULIN**

Some pet owners find the idea of injecting their pet a little intimidating. That's why we've created this easy guide... to show you how to prepare and administer your pet's insulin. Soon the process will be routine and you'll be back to doing everything you've always enjoyed together.

### ***PREPARING THE DOSE.***

Always use an appropriate insulin syringe for the type of insulin being used (ie. U-100 insulin, use U-100 syringe, U-40 insulin, use U-40 syringe)

After washing your hands, take the insulin bottle out of the refrigerator. Gently roll the bottle between your hands. This will mix the insulin and also warm it so the injection is more comfortable.

- ✓ Wipe the top of the bottle with alcohol & cotton ball
- ✓ Carefully remove the cap from the needle
- ✓ Using the appropriate insulin syringe, pull the plunger back to draw air into the syringe equal to the dose needed.
- ✓ Insert the needle into the bottle and inject the air.
- ✓ Turn the bottle and syringe upside down
- ✓ Next gently pull back on the syringe plunger and withdraw the correct dose into the syringe.
- ✓ Before removing the needle from the bottle, check the syringe for any air bubbles. IF bubbles are present, hold the syringe up and tap its side until the bubbles float to the top. Push the plunger to force the bubble into the bottle then withdraw the correct dose.
- ✓ Remove the needle from the bottle & re-cap the needle. Be careful that you don't stick yourself.

### ***NOW YOU'RE READY TO GIVE THE INJECTION.***

You've measured the correct dose for your pet and now you're ready to inject the insulin. The first step is to find a good spot. Injection should be given just under the skin, 1-2 inches from the middle of your pet's shoulders. The location can vary from the scruff just above the shoulder blade to slightly in front of the hipbone. The choice depends on what suits you and your pet. Alternating between your pet's left & right side will help to ensure greater long-term comfort.

1. If necessary, ask someone to help hold your dog.
2. Hold the syringe in the hand your dominant hand. For safety and to keep from losing any of the dose of insulin, don't place your thumb on the plunger until the needle is in the skin
3. Using your free hand, pinch up a fold of skin and gently insert the needle into the center of the fold. Push the plunger in as far as it will go.
4. Pull the needle out and dispose of it in an appropriate biohazard container.