

Managing Gestational Diabetes with Single-Dose Insulin Injections

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Transcript

Some women with gestational diabetes require insulin to help achieve their blood glucose goals. It may make you nervous at first, but your diabetes care team is there to help you. Be sure to follow their directions. They will help you gain the confidence you need to manage your diabetes. Remember, insulin will help, not hurt the health of your baby.

Insulin syringes are smaller, their needles sharper, and easier to use than ever before. This helps lessen the pain of injection. Most women say that the injections are less painful than the fingersticks!

Let's look more closely at the syringe.

The barrel holds the insulin. The insulin user pushes the plunger to push the insulin out, and the plunger also shows how much insulin is in the syringe. The needle is sterile and shouldn't touch anything before injection.

Let's go over, step by step, how to prepare to inject using a needle and syringe.

First, gather all your supplies on a clean surface. This includes the syringe, alcohol swabs, a Sharps container, and your insulin.

Wash your hands thoroughly with soap and warm water and dry them on a clean towel.

Clean the top of the bottle with alcohol.

Insulin is either clear or cloudy. Cloudy insulins must always be mixed thoroughly before use; clear insulins do not.

If your insulin is cloudy, mix it thoroughly by rolling the bottle in your hands or rotate it from top to bottom. Be careful not to shake it because this will put air into the insulin. Turn it over and make sure there is no powder left on the bottom.

Pull the plunger back to the number of units of insulin you'll need. Inject that air into the insulin bottle.

While the needle is still in the bottle, turn the bottle upside down. Make sure the needle is covered by insulin. This helps to prevent an air bubble from getting into the syringe.

Pull the plunger back to the correct number of insulin units.

Check the syringe for an air bubble. An air bubble is not dangerous, but it takes up space and can cause you to measure the wrong dose.

If you see an air bubble, push the insulin back into the bottle and fill the syringe again.

Put the syringe down. Make sure the needle doesn't touch anything. If the needle on your syringe is bent you must discard it and start again. Now you're ready to inject.