

Managing Gestational Diabetes: Preparing a Single-Dose Syringe

You may need to take insulin to control your blood sugar if you are pregnant and have gestational diabetes.

Get your supplies ready. You will need a syringe, alcohol swab, and your insulin. Let's prepare your syringe now.

Step 1. Wash your hands thoroughly with soap and clean, running water, and dry them. Step 2. Prepare your insulin. If your insulin is cloudy, mix it. You can roll the bottle in your hands or turn it from top to bottom several times. Don't shake it. Turn it over and make sure there is no powder left on the bottom. If your insulin is clear, you do not have to mix it.

Step 3. Clean the top of the bottle of insulin with an alcohol swab. Step 4. Pull the plunger on the syringe, back to the amount of insulin you'll need. Inject that air into the 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 amount of insulin.

Step 5. Check the syringe for an air bubble. An air bubble 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.

Step 6. Put the syringe down. Don't let the needle touch anything.

Let's try that again. Wash your hands with soap and clean, running water, and dry them. If your insulin is cloudy, mix it. Clean the top of the insulin bottle with alcohol.

Pull the plunger on the syringe back to the amount of insulin you'll need. Inject that air into the insulin bottle. Turn the bottle upside down. Pull the plunger back to the correct amount of insulin. Check the syringe for an air bubble. Put the syringe down. Now you're ready to inject.

Insulin helps keep you and your baby healthy. If you have any questions about how to prepare your syringe, talk to your healthcare provider.