

Gestational Diabetes: Injecting Insulin with a Syringe

If you have gestational diabetes, you may need to take insulin. The steps are the same for injecting insulin with a syringe whether it's a single dose or a mixed dose.

First, gather your supplies. You'll need a syringe, alcohol swab, and a sharps container. Let's inject insulin with a syringe now.

Step 1. Pinch up the skin and inject the syringe at a 90 degree angle. Step 2. Press the syringe firmly into your skin. If you use a shorter needle, you may need to leave it in your skin for five seconds. Step 3. Pull the needle straight out. Try to use the same area at the same time every day but you should change the actual site each time you inject.

Step 4. Drop the needle into a Sharps container. If you don't have a Sharps container, use a heavy plastic bottle with a tight lid clearly labeled that it contains medical waste.

Let's review the steps to inject. Inject the syringe at a 90 degree angle. Press the syringe firmly into your skin. Pull the needle straight out. Drop the syringe needle into a Sharps container.

It may be hard to inject insulin at first, but it gets easier the more you do it. If you have questions about how to inject, talk to your healthcare provider.