

Insulin: Giving an Injection in the Arm Using a Syringe

This video shows how to give someone an insulin injection, or shot, in the arm.

It's common to feel a little nervous at first as you learn how to do this.

But with practice, you'll gain confidence, and it will get easier. Here's how to do it.

First, wash your hands and get your supplies ready.

You'll need an insulin syringe filled with the correct dose of insulin.

Next, choose a spot in the middle third of the back of the upper arm.

Try to choose a slightly different spot within the injection area each time you give an insulin shot.

This can help prevent skin problems.

Make sure the skin is clean and dry.

If needed, you can use an alcohol wipe to clean the area. Let the area dry before you give the shot.

Then take the cap off the syringe.

Hold the syringe like a pencil close to the skin.

Keep your finger off the plunger until you're ready to inject the insulin.

Insulin needs to be injected into the fatty tissue just beneath the skin.

It's important that you don't inject into the muscle.

To help make sure the insulin goes into the fatty tissue, gently pinch a fold of skin with just your thumb and index finger.

If needed, you can use your thumb, index finger, and middle finger.

Then push the needle all the way into the skin.

Keep holding the skin fold while you push the plunger of the syringe to give the insulin.

Make sure you give all the insulin in the syringe.

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Then pull the needle out of the skin and let go of the skin fold.

That's all there is to it.

Dispose of the used needle and syringe safely in a sharps container or other solid plastic container when you're done.

Giving an insulin shot may seem like a lot to manage at first, but over time it will get easier.

And remember, if you have any questions or concerns, you can always talk with the doctor or diabetes care team.