



Preparing a Mixed Dose of Insulin

1. Wash hands.
2. If you use a “cloudy” insulin (such as N), roll it briskly to mix it.
3. Clean tops of both bottles with an alcohol swab.
4. Inject ____ units of air into the longer-acting insulin. Set it aside.
5. Inject ____ units of air into the shorter-acting insulin and then draw ____ units of this insulin into the syringe.
6. Go back to the longer-acting insulin and draw ____ units of this insulin, going down to your **total** dose of ____.
7. Inject within 5 minutes.

(Note the date you start using each bottle of insulin. Throw away after 30 days.)

Lantus insulin should **not** be mixed with other insulins.