

# HOW TO PREPARE MIXED DOSE INSULIN

1. Wash hands with warm, soapy water.



2. If using cloudy insulin, roll bottle between hands.



3. Clean rubber stopper of insulin bottle with alcohol.



4. Fill syringe with air equal to the number of units of NPH (cloudy) insulin you will take. Insert needle into the NPH bottle. Push the air into bottle. Remove the needle.



5. Fill syringe with air equal to the number of units of fast-acting (clear) insulin (Apidra, Humalog, Novalog, Regular) you will use. Insert needle into the fast-acting insulin bottle and push air into bottle. Do not remove needle.



6. Turn bottle upside down. Draw out (pull down the plunger) the units of fast-acting (clear) insulin you need. Remove needle from the fast-acting bottle.



7. Insert the needle into the N (cloudy) insulin bottle. Do not push the plunger up! Draw out (continue to pull down the plunger) the units of N insulin you need to get your total dose of insulin. (Clear + N = Total Dose)