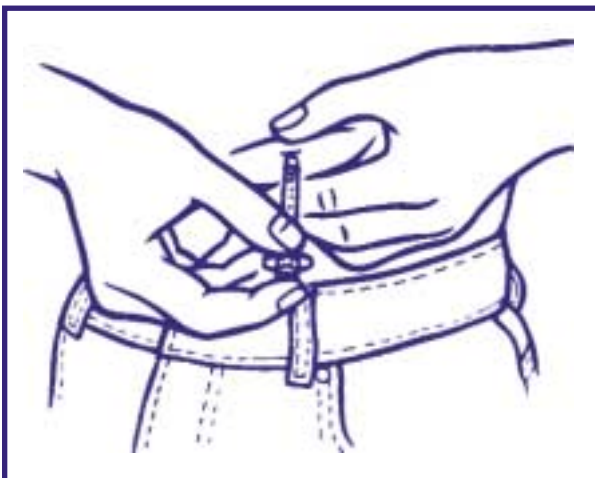
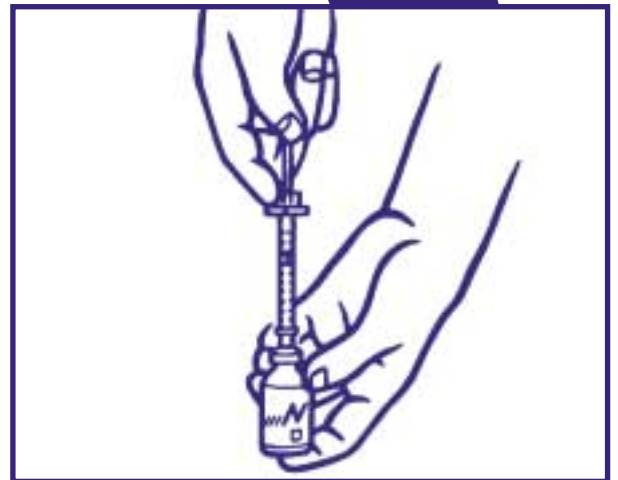
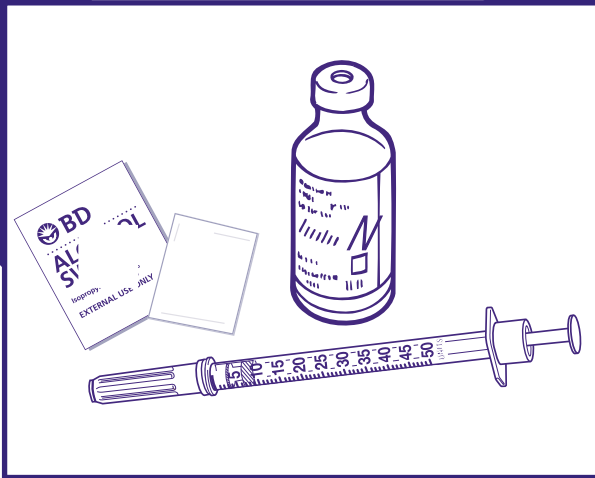
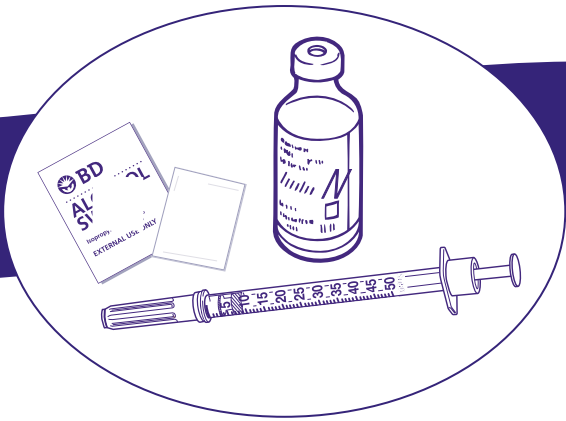




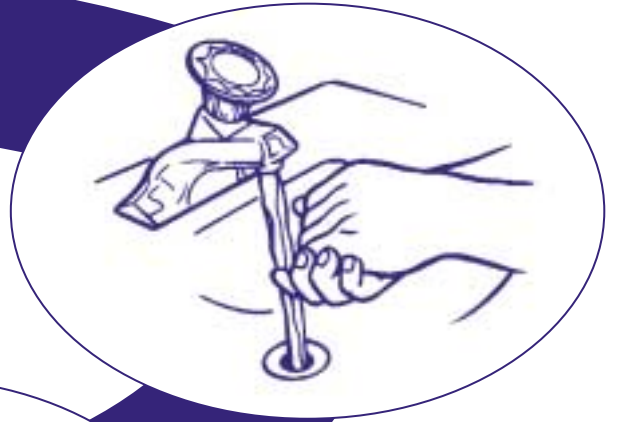
BD Getting Started™

Drawing and Self-Injecting Insulin





1. Get Supplies



2. Wash hands



3. Roll bottle



4. Wipe top of bottle
with BD™ Alcohol Swab



7. Push plunger
down

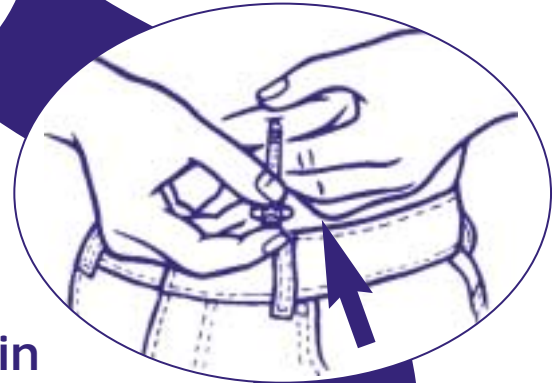


5. Pull plunger down to _____ units

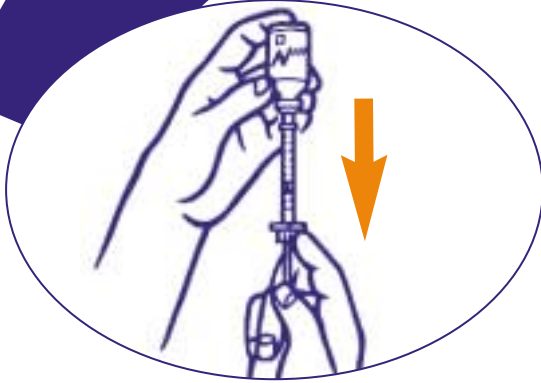


6. Push needle
into bottle

9. Pick injection site
Wipe with
BD™ Alcohol Swab

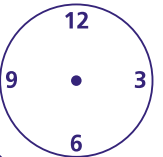
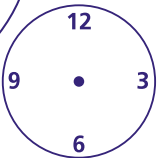
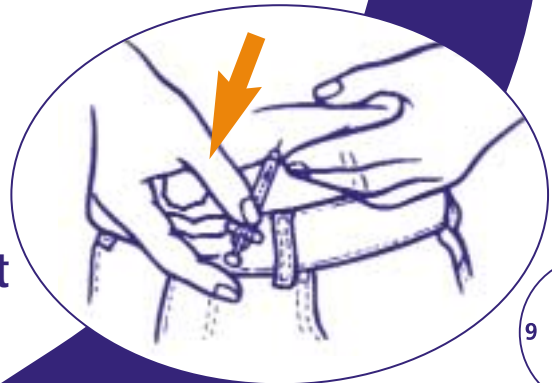


10. Pinch up skin
Push needle into skin
Push plunger in

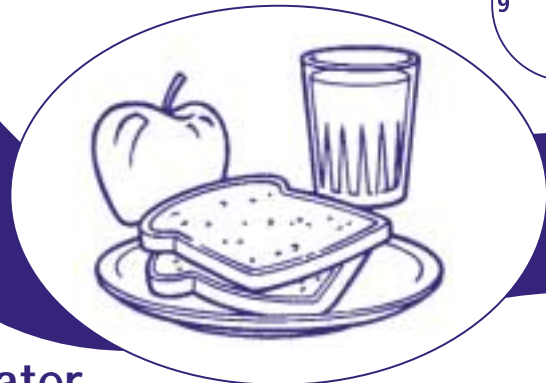


8. Pull plunger down
to _____ units

11. Pull
needle out



12. Dispose syringe safely
Check your town rules



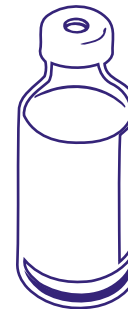
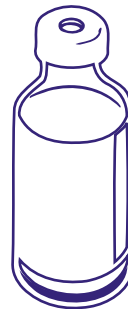
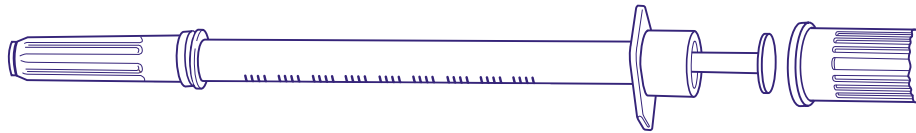
13. Eat _____ later

Insulin Dose for:

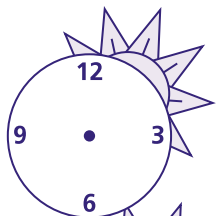
Name: _____ Today's date: _____

My educator is: _____ Telephone Number: _____

Syringe Size: BD Ultra-Fine™ 3/10cc 1/2cc 1/cc



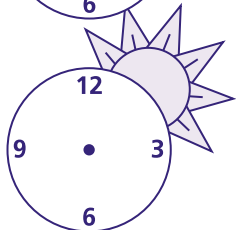
My insulin is: _____
(brand name)



_____ A.M.

_____ units

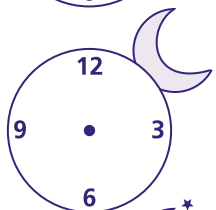
_____ units



_____ P.M.

_____ units

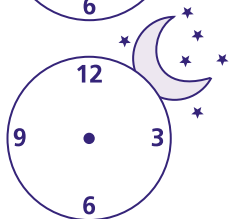
_____ units



_____ P.M.

_____ units

_____ units



_____ P.M.

_____ units

_____ units

Call BD Consumer Services at **1.888.BDCARES (1.888.232.2737)**
or visit our website at **www.BDdiabetes.com**.



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