

## Instructions for Mixing Insulins

1. Gather your supplies:
  - long acting (cloudy) insulin (NPH, Humulin N, or Humulin U)
  - short acting (clear) insulin (Regular, Humulin R, or Humalog)
  - needle / syringe
  - alcohol
2. Wash your hands.
3. Roll the long acting (cloudy) insulin between your hands to mix it.
4. Clean the top of both vials (bottles) with alcohol.
5. Draw up \_\_\_\_\_ units of the short acting (clear) insulin.
6. Draw up \_\_\_\_\_ units of the long acting (cloudy) insulin for a total of \_\_\_\_\_ units in your syringe. **Be careful to draw up the exact amount of the cloudy insulin the first time.**
7. If you draw up too much of the cloudy insulin, squirt all of the insulin (both types) into the sink and start over.
8. Inject your insulin in your stomach, thigh or upper arm. Be sure to use different sites each time.

**My insulin dosage:**

**Morning** \_\_\_\_\_

**Evening** \_\_\_\_\_

**Other** \_\_\_\_\_