

Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions

注射降血糖藥物指導

Sir/Lady:

Topic of nursing instructions provided here: Information of drug use

Contents: Instructions for injection of antidiabetic medicine

- I. Function: Lowering blood sugar levels.
- II. Prepare insulin, alcohol swabs (or cotton balls) and syringe to inject insulin before injection.
- III. Rotation of injection sites across the body: Outer middle portion of the arm, abdomen (excluding the navel area), and the front and outer sides of the thigh. If there is a wound, select a different site. Avoid injecting into scar tissue.
- IV. Injection steps:
 - (1) Wash your hands thoroughly.
 - (2) Check if the insulin has expired (if opened, it should not be kept at room temperature for more than 4 weeks). Check for abnormal precipitates and impurities. Roll it in your palm to warm and mix it evenly; do not shake it to avoid bubbles
 - (3) Disinfect the vial opening with an alcohol swab. □
 - (4) Pull the syringe back to the desired dosage position to fill the syringe with the same amount of air and inject into the vial.
 - (5) Disinfect the skin with an alcohol swab. Insert the needle vertically. Before injecting, pull back the syringe to check for blood to avoid injecting insulin into a vein.
 - (6) Press the injection site with a cotton ball for a few seconds. If using an insulin pen, wait 5-10 seconds before removing it. Do not rub the area.
 - (7) Rotate the injection sites: Divide the arms, abdomen, and thighs into 7 sections, each about one finger wide. Divide the abdomen into 4 zones, with injections moving from the inside to the outside. The arms and thighs should be injected from top to bottom. Inject a different section each day without repetition, and use one section per week. For those needing long-term injections, rotate between the abdomen, thigh, and arm in sequence.
- V. Precautions:
 - (1) If there is mild redness, swelling, or itching at the injection site, no treatment is needed. For severe redness, swelling, indentation, or urticaria, inform the

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physician for treatment. Local allergic reactions at the injection site include itching, swelling, and redness. Systemic allergic reactions include urticaria and angioedema. After use, dispose of the syringe in a hard container and take it to the healthcare facility for disposal.

- (2) Inject insulin before meals according to the specific action time of the medication. Ensure food is prepared before injecting. Never delay eating after injection, as it may cause hypoglycemia.
- (3) Watch for symptoms of hypoglycemia. Mild hypoglycemia: Fatigue, headache, drowsiness, nausea, and slight tremble. Severe hypoglycemia: Sweating, tremble, low body temperature, weakness, hunger, palpitations, nervousness, paresthesia, excessive excitement, blurred vision, mouth numbness, confusion, delusions, seizures, loss of consciousness.
- (4) If hypoglycemia occurs, immediately take 3 sugar cubes, measure the blood sugar, and inform the healthcare professional, or go to the hospital for treatment.
- (5) Contraindications: Allergic reactions to specific animal proteins.
- (6) Do not use expired, discolored, clumped, or cloudy solutions, or vials that have been used and opened for more than 4 weeks. Collect unopened medicine and store in the refrigerator, and store opened medicine at room temperature in a cool place. Do not store it in the car or expose it to sunlight. Avoid freezing, high temperatures, and direct sunlight, and avoid injecting into the muscles.

If you are still unclear about something or have any questions, please contact the nursing station in the ward