



## Insulin Instructions

1. Wipe the top of each vial with alcohol before poking it with a needle. Use the bigger 10ml syringe to pull out 8ml of saline from the 50ml saline vial. You will have to attach the 18g needle to the 10ml syringe. Remove the plastic cap from the syringe and then turn the saline upside down and poke the 18g needle into the rubber sealed top of the saline bottle.
2. Use the same syringe to pull 2ml of insulin from the 10ml insulin vial. Do not pull too much insulin out.
3. Add the mixture to the 10ml empty sterile vial and shake.
4. Attach the 18g needle to the smaller 1ml syringe. Note that the needle does not lock. It is a pressure fit so you will have to hold onto the needle to then pull 1ml of fluid mixture from the 10ml vial.
5. Lean head off back of bed so that nose is perpendicular to the floor.
6. Slowly feed the 1st 1ml syringe with insulin and saline mixture into nose towards the upper third portion of the nose. Make sure there is no needle on the syringe.
7. Slowly inject the insulin/saline mixture into the 1st nostril.
8. Repeat using the same 1ml syringe in 2nd nostril.
9. Keep head back for at least 10 minutes.
10. Repeat daily for 10 days total or as instructed by practitioner.