

The Art of Insulin Injections

The term injection drives shivers up and down a person's body as a mental picture of elongated razor-sharp needles dance within the mind's eye. Nevertheless, it can turn out to not be as terrifying and a great deal more comfortable the more practiced you turn out to be with how to properly inject insulin.

The most universal way to inject insulin is with a syringe and needle (although there is an insulin pen out on the market now). You draw insulin out of a bottle and into a syringe; then inject the medication beneath your skin where it's absorbed into your bloodstream.

Insulin may be injected into several areas of your body where there is a deposit of fatty tissue present and where large blood vessels, nerves, muscles and bones are not too near to the surface.

Insulin is best injected into the belly due to rapid and reliable absorption. Stay away from the two inch ring around the navel, which does not absorb as well. Rotate each injection as shown in the illustration. Your physician may suggest different areas for injections, such as the back of your upper arms, thighs or buttocks.

Professionals in Health Care Institutes use some sterile practices for the purpose of injecting insulin which have been proved as needless. Clothes are also used by the patients to inject insulin from a long time. Various safety and professed benefits have been brought forward for the purpose of injecting insulin through clothes with the help of a new study coming into existence. Nylons and denims have also been used till single layers of the fabric to inject insulin. None of the cases of redness of skin or sclerosis or other symptoms of side effects were noticed in these injecting forms. Conventional and experimental programs did not bring about any variations in glycated haemoglobin level or the leukocyte level. Blood stains on clothing and bruising were the only exceptional effects noticed during injecting through clothing phase of the study. Bruising was because of slight extra force needed to get the needle through the layer of cloth. The method of injecting through clothing came to be beneficial as it was easy to conduct and time saving. To conclude, injecting through clothing is safe and easy.

The term given to injecting insulin through inserting syringe into the skin is known as 'insulin injection technique'. This is done in order to inject a proper dose of insulin into the patients' body. For the purpose of making insulin injection treatment a success for yourself, your physician or a member of their team can assist you in learning this technique.

Injecting at the accurate deepness is a very important part of a good injection technique. The majority of doctors will advise that insulin be introduced in the subcutaneous fat, (the deposit of fat just underneath the skin).

Instead, injecting insulin too deep may also be harmful as it can then enter the muscles where it gets absorbed more quickly. However, insulin in muscles may not remain in the body for a long time as injecting insulin in the muscle will also hurt. The insulin just enters the skin when it is not injected too deep. All this affects the time period for which insulin is present in the body.

Many a times, a fold of skin is pinched and from 90 degrees angle to the skin fold, a needle is injected into the skin for the purpose of knowing the proper depth. An angle of 45 degrees is maintained for getting comfort level if insulin is injected at an area where there is not too much of fat tissues.

Follow your doctor's advice for taking insulin. Giving yourself insulin does not have to be hard. Contact your physician, their aide or nurse, if you are in doubt regarding your insulin treatment program. By getting at ease with giving yourself injections and keeping away from ordinary problems, taking insulin will develop into part of your habit that helps you stay on top of things regarding your diabetes

About the Author

Julia Hanf author of the book How To Play the Diabetes Diet Game and Win Through a real life crisis Julia figured out how to live diabetes free. Visit YourDiabetesCure.com and learn more about your solution for diabetes.

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