

混合两种胰岛素

Mixing Two Insulins

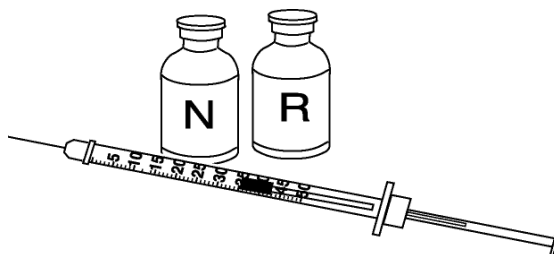
Since your doctor has ordered 2 kinds of insulin that can be mixed, you need to learn how to mix the two insulins together in one syringe. This way you can give yourself one injection or shot instead of two. Some insulins, like glargine (Lantus®) and detemer (Levemir®), cannot be mixed. Other insulins (NovoLog 70/30®, Humalog 75/25®) are already a combination of two types of insulin and should not be mixed.

由于您的医生开具了 2 种可混合的胰岛素，您需要了解如何在一支注射器中混合两种胰岛素。这样，您只需注射一次或打一针即可。某些胰岛素（如，glargine (Lantus®) 和 detemer (Levemir®)）不能混合。其他胰岛素（NovoLog 70/30® 和 Humalog 75/25®）已结合了两种类型的胰岛素，因此不应混合。

Getting Ready

- Gather these supplies:
 - Insulins:
_____ and _____
 - Insulin syringe
 - Alcohol pad
- Wash your hands with warm water and soap. Dry your hands.

准备工作



- 收集以下用品：
 - 胰岛素：
_____ 和 _____
 - 胰岛素注射器
 - 酒精棉片
- 用温水和肥皂洗手。将手擦干。

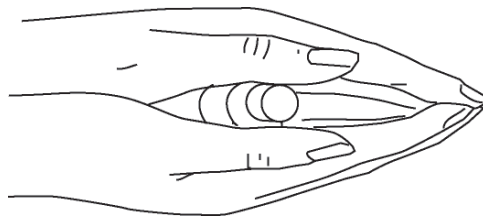
What to Do

1. Check the labels on the insulin bottles to make sure you have the correct insulin. Regular, lispro (Humalog®) and aspart (NovoLog®) insulin should be clear. NPH insulin should be cloudy.
2. Check the expiration date on **all** insulin bottles. **Do not** use expired insulin. Throw away any insulin left in the bottle 30 days after you first open the bottle.

如何操作

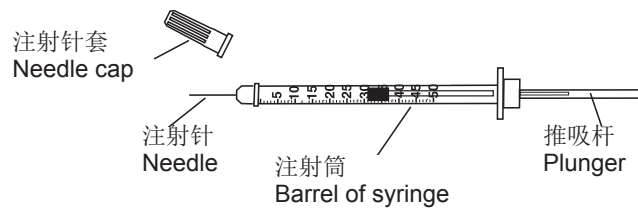
1. 检查胰岛素瓶身上的标签，确保使用正确的胰岛素。常规型 lispro (Humalog®) 和 aspart (NovoLog®) 胰岛素应呈透明状。NPH 胰岛素应呈浑浊状。
2. 检查**所有**胰岛素瓶身上的失效期。**不得**使用过期的胰岛素。如果胰岛素在打开瓶盖后 30 天内未使用，则将其丢弃。

- Gently roll the bottle of **cloudy** insulin between your hands until it is mixed, and make sure there is no powder on the bottom of the bottle. **Do not** shake the insulin bottle because this can cause air bubbles.
- Wipe off the tops of the insulin bottles with an alcohol pad, **and** then do not touch the top of the bottles.



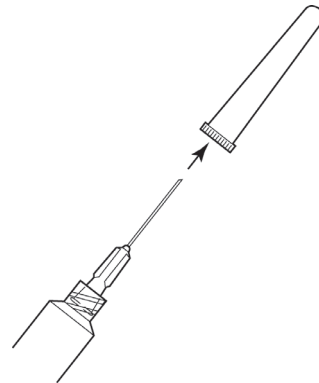
- 在双手间慢慢滚动浑浊胰岛素瓶，直到充分混合为止，确保瓶底没有粉末。**请勿**摇晃胰岛素瓶，否则可能引起气泡。

- Take the syringe out of its package or remove the plastic cap.



- 从包装中取出注射器或除去塑料封套。

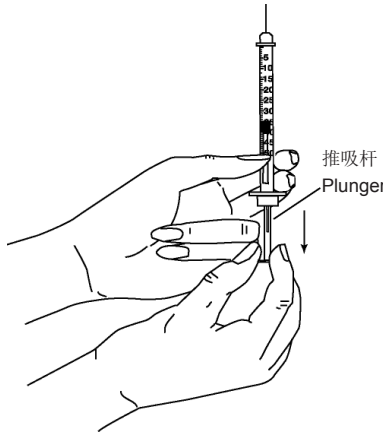
- Take off the needle cap and place it on the table.



- 摘下针头套，将它放在桌上。

7. Pull the plunger of the syringe down to the number of units of **cloudy** insulin you need. The syringe will fill with air.

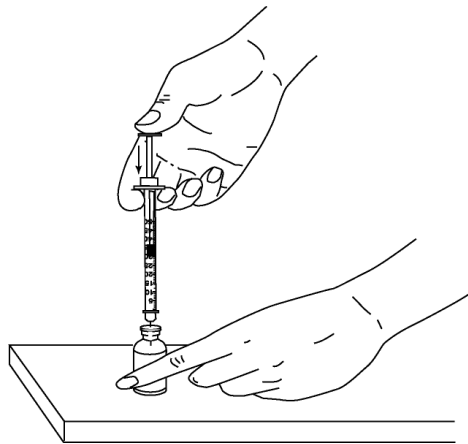
The syringe has small lines and numbers. The space between each line on the syringe is one unit. If you are using a 100-unit syringe, the space between each line is 2 units. Move the plunger so the dark end closest to the needle matches the number of units you need.



7. 将注射器柱塞向下拉至您所需的**浑浊**胰岛素单位数位置。注射器将充满空气。

注射器上标有小线条和数字。相邻两根线条之间的空隙即为一个单位。如果您正使用 100 单位的注射器，相邻两根线条之间的空隙是 2 个单位。拉动柱塞，让最靠近针头的黑端处于您所需的单位数位置。

8. Carefully put the needle through the rubber stopper of the bottle with **cloudy** insulin. Push the air into the bottle by pushing the plunger all the way down. Putting air in the bottle makes it easier to get the insulin out of the bottle.



8. 小心地将针头刺入**浑浊**胰岛素瓶的橡胶盖内。将柱塞推到底以推入空气到瓶内。这样做更容易将瓶内的胰岛素吸出。

9. Take the needle out of the bottle with **cloudy** insulin. The syringe will be empty. Set the bottle of **cloudy** insulin aside.

10. Pull the plunger of the syringe down to the number of units of **clear** insulin needed to fill with air.

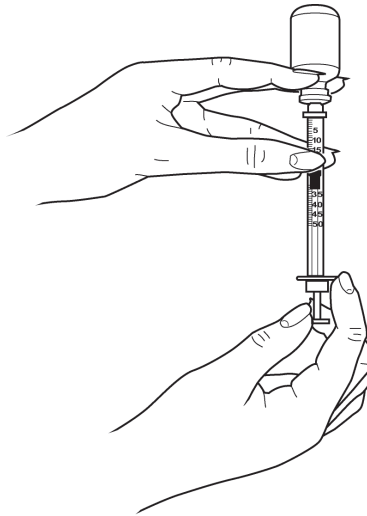
11. Carefully, put the needle into the rubber stopper of bottle with **clear** insulin, and push the air into the bottle.

9. 从**浑浊**胰岛素瓶内拔出针头。注射器将变空。将**浑浊**胰岛素瓶放在一旁。

10. 将注射器柱塞向下拉至您所需的**透明**胰岛素单位数位置，以充入空气。

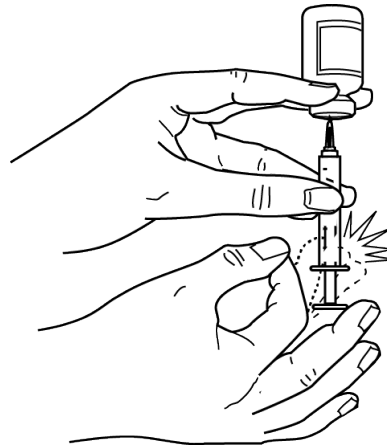
11. 小心地将针头刺入**透明**胰岛素瓶的橡胶盖内，然后推入空气到瓶内。

12. Turn the bottle of **clear** insulin upside down with the syringe still in place. Support the needle in the bottle so it does not bend.
13. Pull the plunger down to the number of units of **clear** insulin you need.



12. 使注射器保持原位，同时倒置透明胰岛素瓶。控制瓶内的针头以避免其弯曲。
13. 将柱塞向下拉至您所需的透明胰岛素单位数位置。

14. Check for air bubbles in the syringe. Air bubbles will not hurt you, but will take the place of insulin. This could cause you to get less insulin than you need because there is no insulin in the air bubble. If you see air bubbles:
 - Tap the syringe firmly with your fingertip to move the bubbles to the top of the syringe.
 - Push the plunger up a few units until the air bubbles go back into the insulin bottle.
 - Pull down on the plunger and fill the syringe with the correct amount of insulin.
 - Check again for air bubbles.



14. 检查注射器中是否有气泡。气泡不会伤害您，但会占据胰岛素空间。由于气泡中不含胰岛素，因此您注射的胰岛素可能不足量。如果您看见气泡：
 - 用指尖用力敲打注射器，使气泡移动到注射器顶端。
 - 将柱塞向上推高几个单位，直到气泡进入胰岛素瓶内为止。
 - 向下拉柱塞，使注射器充满正确液量的胰岛素。
 - 再次检查是否有气泡。

15. Take the needle out of the bottle with **clear** insulin.
16. Put the needle into the rubber stopper of the bottle with **cloudy** insulin. Be careful not to push any **clear** insulin into the bottle of **cloudy** insulin.

15. 从透明胰岛素瓶内拔出针头。
16. 将针头刺入浑浊胰岛素瓶的橡胶盖内。注意不要将任何透明胰岛素推入浑浊胰岛素瓶内。

17. Add the number of units of **clear** and **cloudy** insulins together to give you the total number of units.

$$\begin{array}{r}
 \text{_____ Units of Clear Insulin} \\
 + \text{_____ Units of Cloudy Insulin} \\
 \hline
 = \text{_____ Total Number of Units}
 \end{array}$$

18. Slowly pull the plunger back to the **total number of units** needed. This lets the **cloudy** insulin fill the syringe.

- If you get more units of **cloudy** insulin in the syringe than are needed, **do not push any insulin back into the bottle**. Remove the syringe and throw it into your needle disposal box. Get a new syringe and start over.

19. Take the needle out of the bottle with **cloudy** insulin.

17. 将**透明**胰岛素和**浑浊**胰岛素的单位数加到一起，即是您注射的总单位数。

$$\begin{array}{r}
 \text{_____ 透明胰岛素单位数} \\
 + \text{_____ 浑浊胰岛素单位数} \\
 \hline
 = \text{_____ 总单位数}
 \end{array}$$

18. 缓慢地将注射器拉回到**所需的总单位数**位置。这样可让**浑浊**胰岛素注入注射器。

- 如果注射器中所含的**浑浊**胰岛素单位数多于所需量，**请勿将任何胰岛素推回到瓶子中**。拔出注射器，然后将其丢入针头处置盒。取出一支新注射器并重新开始混合步骤。

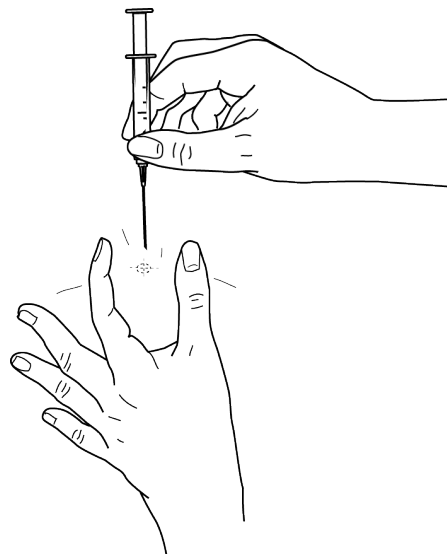
19. 从**浑浊**胰岛素瓶内拔出针头。

Giving the Insulin

1. Clean the site with an alcohol pad. Let the alcohol dry. If you have just showered or bathed, you do not need to clean the site again.



2. Pinch and hold the skin of the site with one hand. Hold the syringe like a dart or pencil as shown in the picture.

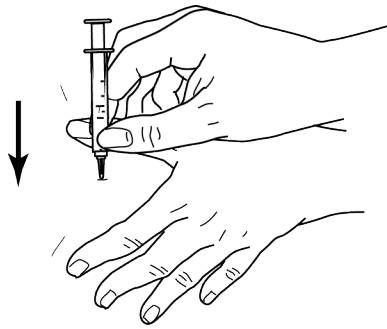


注射胰岛素

1. 用酒精棉片清洁注射部位。让酒精干燥。如果您刚刚淋浴或沐浴，则不需要再清洁注射部位。

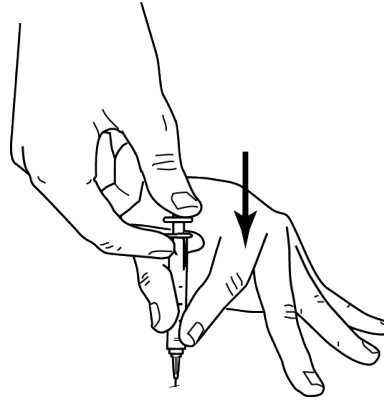
2. 用一只手捏住注射部位的皮肤。如图所示，像手持飞镖或铅笔一样拿住注射器。

- Put the needle straight into the skin at a 90 degree angle. Use a quick motion. The quicker you put the needle in, the less it hurts. Push the needle all the way into the skin.



- 将针头呈 90 度角直插入皮肤。插入速度要快。针头插入越快越不疼。将针头完全插入皮肤中。

- Let go of the pinch of skin unless you are told not to.
- Push the plunger all the way down until all the insulin is in. Wait 5 seconds.



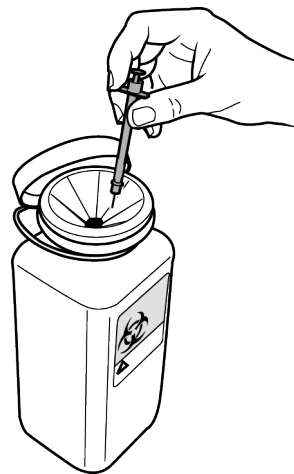
- 松开捏住的皮肤，除非有人指示您不要松开。
- 将柱塞推到底，直到所有胰岛素都已注入为止。等待 5 秒钟。

- Remove the needle. Put your finger over the site and apply pressure for 30 to 60 seconds.
- Check the site for any redness, bleeding or bruising. Put a band-aid on the site if there is bleeding.

- 拔出针头。将指头放在注射部位上并按压 30 到 60 秒。
- 检查注射部位是否发红、出血或淤青。如有出血，请在出血部位贴上创可贴。

Clean Up the Supplies

- Put the used syringe and needle into a needle disposal box. You can use a heavy puncture-resistant plastic container with a lid. **Do not** recap the needle. Throw away all other supplies in the trash.



清理用品

- 将用过的注射器和针头放入针头处置盒。您可以使用一个防穿刺的有盖塑料容器。**请勿**重新盖上针头套。将所有其他用品扔入垃圾桶。

2. Be sure to store new and used syringes and needles out of the reach of children and pets.
3. Wash your hands again.

Talk to your doctor or nurse if you have any questions or concerns.

2. 请务必将新的及用过的注射器和针头存放在孩子和宠物接触不到的地方。
3. 再次洗手。

如果您有任何疑问或担忧，请告知您的医生或护士。