



## Instructions for Intranasal Insulin

1. 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 20ml mixed vial. Fill two syringes (for both nostrils).
2. Lean head off back of bed so that nose is perpendicular to the floor.
3. 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.**
4. Slowly inject the insulin/saline mixture into the 1st nostril.
5. Repeat using the same 1ml syringe in 2<sup>nd</sup> nostril.
6. Keep head back for at least 10 minutes.
7. Do every night for 5 or 10 days.