

## FAQ – TRUEplus® Insulin Syringes

- **Can I re-use your insulin syringes?**
  - No. Our syringes are designed for single use only, therefore, we recommend that you use each syringe only once. The re-use of syringes makes the needle duller and less lubricated, which makes the injection more painful. In addition, the risk of infection is greater with re-use.
- **What does the gauge number (and other size numbers) mean?**
  - GAUGES: The higher the gauge number, the thinner the needle. Gauge numbers for insulin syringes are 28, 29, 30 and 31.
  - NEEDLE LENGTH: The length of the 28 gauge and 29 gauge needles are ½ inch. The 30 gauge and 31 gauge needles are shorter, measuring 5/16 inch.
  - VOLUME: Use 3/10cc (.3cc) syringes for up to 30 units of insulin, 1/2 cc (.5cc) syringes for up to 50 units and 1cc syringes for up to 100 units.
  - Your physician should advise as to the size needle to use and volume of insulin to administer.
- **I currently use ½ inch needles; can I switch to a short 5/16 inch needle?**
  - Short needles are not for everyone. Check with your physician before switching from a standard to a short needle, as insulin absorption rate could differ.
- **What does U 100 mean?**
  - U-100 indicates the concentration of your insulin. U-100 means there are 100 units of insulin in every 1 mL. It is the most common prescribed insulin. Your physician should prescribe the type of insulin to use.
- **Can I dilute the insulin?**
  - Please consult with your physician.
- **Isn't it better to use an insulin pen?**
  - Insulin pens are very convenient to carry. If you use only one type of insulin, insulin pens can be very practical. But you cannot mix different types of insulin with the pen. For a modern diabetes treatment regime you would need more injections. With syringes, you simply mix long and short acting insulin and give it to your body with only one injection. Please consult with your physician on the correct dosages of and types of insulin.
- **How can I avoid air bubbles?**
  - Keep the syringe filled with insulin in an upright position and tap it slightly with your finger so that the air bubbles rise to the top. Then, just press the plunger to get the bubbles out of the syringe. A bubble-free liquid is important to give the right dosage to the body.

## FAQ – TRUEplus® Insulin Syringes – continued:

- **Where should I inject insulin?**
  - Consult your physician for where to inject your insulin.
  - The most common injection site is the abdomen (or stomach). The back of the upper arms, the upper buttocks or hips, and the outer side of the thighs are also used. These sites are the best to inject into for two reasons<sup>1</sup>:
    - They have a layer of fat just below the skin to absorb the insulin, but not many nerves - which means that injecting there will be more comfortable than injecting in other parts of your body.
    - They make it easier to inject into the subcutaneous fat, where insulin injection is recommended.
- **How can I avoid hitting muscle tissue?**
  - Carefully pick up your syringe. Pinch a fold of skin between your thumb and forefinger at the position you want to inject the insulin. Do not pinch too hard. Avoid sticking the needle into your arm as often there's not enough fat above the muscle.
- **Why do injections sometimes hurt and sometimes I feel almost nothing?**
  - It may hurt more when you touch a small nerve with the needle. You cannot know where these nerves are before you inject. Always use a new syringe for each injection to reduce pain.
- **Why do I sometimes get a bruise after the injection?**
  - You get a bruise when you damage small blood vessels with your needle. You can reduce this risk by using a new syringe for each injection.
- **How are the syringes sterilized?**
  - The sterilization process used is Ethylene Oxide gas. The sterilization is the last process before shipping from the manufacturer.
- **Does Medicare cover the cost of Insulin Syringes?**
  - Yes. Syringes are covered under Medicare Part D. Please check your local Social Security Office for additional information.
- **How can I dispose of my used syringes?**
  - You can dispose of your used syringes in a puncture resistant container, following local ordinances. Call your local health department for details.

1 Reference: [http://type1diabetes.about.com/od/insulinandmedications/qt/site\\_rotation.htm](http://type1diabetes.about.com/od/insulinandmedications/qt/site_rotation.htm)