

0,1	0,2	0,3	0,4	0,6	0,7	0,8	0,9	1,1	1,2	1,3	1,4	1,6	1,7	1,8	1,9	0,25	0,5	0,75	1,0	1,25	1,5	1,75	2,0

2,25	2,5	2,75	3,0	3,25	3,5	3,75	4,0	4,25	4,5	4,75	5,0	5,25	5,5	5,75	6,0	6,25	6,5	6,75	7,0	7,25	7,5	7,75	8,0

8,25	8,5	8,75	9,0	9,25	9,5	9,75	10,0	10,25	10,5	10,75	11,0	11,25	11,5	11,75	12,0	12,25	12,5	12,75	13,0	13,25	13,5	13,75	14,0

For use with BD Becton Dickinson U100 insulin syringes with the BD Ultra-Fine™ Needle 0.3 ml 31Gx5/16" (8mm) with 1/2 unit markings.

Print out this on A4 paper. Make sure you print "Actual size" and don't scale it.

Be careful to cut the upper edge of the measuring strips exactly and very, very evenly. A ruler and a sharp carpet knife work well. Laminating the result makes it more robust. Alternatively, print on thick photo paper.

The measurement is to be taken in the middle of the plunger's rubber tip (see figure left). The upper edge of the plunger tip corresponds to +0,1 IU to the printed value of the stripes and the lower edge corresponds to -0,1 IU (see figure right).

The exact value of the dose is not so important, but instead it's important to be as consistent as possible.

Further tip: use velcro sticky back tape to stick your insulin cartridge to a flat, vertical surface (e.g. kitchen cabinet). Then you have both hands free, one for the syringe, one for the measuring strip. And you are less likely to accidentally drop your cartridge.

