mixmyvials

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Reconstitution & Syringe Cheat Sheet

Syringe units → mL

Units	U-100	U-40
1	0.01 mL	0.025 mL
2	0.02 mL	0.05 mL
5	0.05 mL	0.125 mL
10	0.1 mL	0.25 mL
15	0.15 mL	0.375 mL
20	0.2 mL	0.5 mL
25	0.25 mL	0.625 mL
30	0.3 mL	0.75 mL
40	0.4 mL	1 mL
50	0.5 mL	1.25 mL
75	0.75 mL	1.875 mL
100	1 mL	2.5 mL



Concentration (mg/mL)

Vial	1 mL	2 mL	3 mL	5 mL
2 mg	2	1	0.667	0.4
5 mg	5	2.5	1.67	1
10 mg	10	5	3.33	2
15 mg	15	7.5	5	3
20 mg	20	10	6.67	4
30 mg	30	15	10	6

The 3 formulas

mg/mL = vial mg ÷ water mL

mL to draw = amount ÷ mg/mL

units (U-100) = mL × 100

Units

- 1 mg = 1,000 mcg
- U-100: 1 unit = 0.01 mL
- U-40: 1 unit = 0.025 mL
- IU ≠ syringe units

Mixing steps

- Wash hands, swab both stoppers
- Add water slowly down the glass wall
- Swirl gently, never shake
- Wait until fully clear
- Label: date, mg/mL, water used

Storage basics

- Fridge 2–8 °C (36–46 °F), middle shelf
- Keep out of light
- Don't freeze unless label allows
- Bacteriostatic water: typically 28 days
- Cloudy / particles → don't use

Math reference only. Not medical advice; does not recommend amounts of any substance. Follow the product label.
Free calculator, charts and vial tracker: mixmyvials.com