

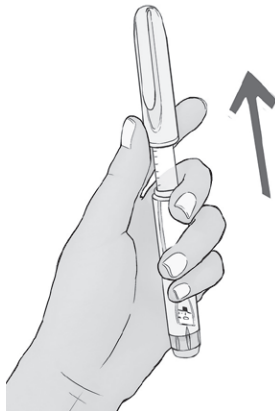
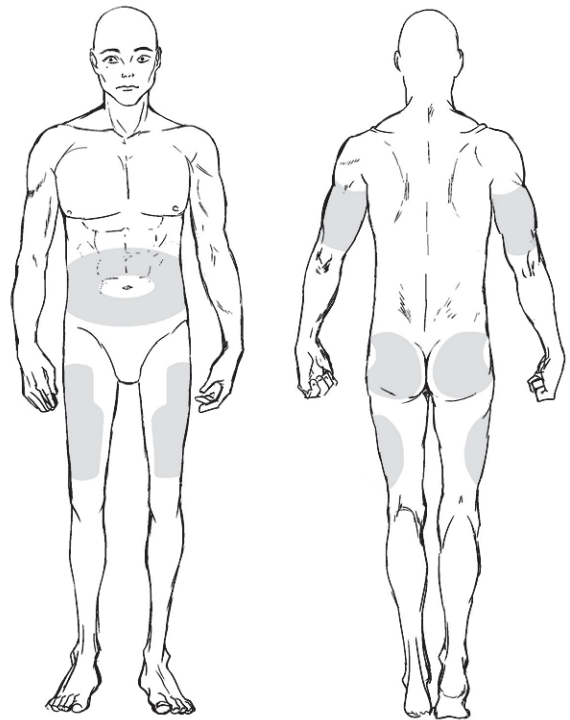
HOW TO USE AN INSULIN PEN

Pick the Place (Site) to Inject

Sites to inject include:

- Back of upper arms
- Stomach (around navel)
- Front and side area of thighs
- Rear end (buttocks)

Stay 1 inch away from the last few injection sites. Stay 2 inches away from the belly button (navel) and any scars. Do not use sites that are bruised, tender, swollen or hard to the touch.



Taking Your Insulin

1. Clean the skin with an alcohol pad. Let the alcohol air-dry.

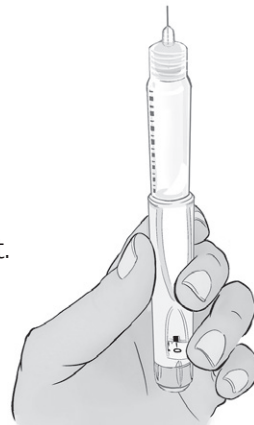
2. Take the cover off the pen. You can see the insulin in the pen.

3. If you are using a cloudy insulin, gently roll the pen between your hands to mix the insulin.

4. Use alcohol to clean the end of the pen where the needle twists on.



5. Peel back the cover on the needle. Screw the needle onto the pen. The needle should be snug but not too tight.





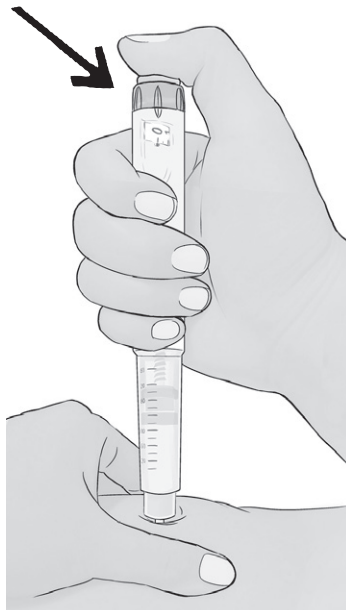
6. To clear the air out of the pen:

- Remove the cap from the needle
- Turn the dose dial to 2 units
- Hold the pen so the needle is up in the air
- Push the end of the pen in to clear the air
- Watch the tip of the needle for a drop of insulin. You may need to do this more than once to see the drop of insulin on the needle.

7. To set your dose of insulin, turn the dial clockwise until you see the number for your insulin dose.



Button



8. Pick a fatty skin area to inject the insulin. If you are a thin adult or a child or you are using a large pen needle (over 6 mm), HOLD a pinch of skin before you use the pen.

9. Push the pen needle into the skin in a straight, quick motion. Be sure the needle is all the way into the skin before you inject the insulin.

10. Using your thumb, push the end of the pen (called the button) down slowly until the dial reads 0 (zero).

11. Let go of the skin if you pinched it.

12. Keep your thumb on the button. Wait 10 seconds before removing the needle.

13. While still holding your thumb down, pull the needle out.

14. Remove the needle from the pen and put it in a needle disposal container.

15. Put the cover back on the insulin pen.

Talk to your doctor or diabetes-care provider if you have any questions about using your insulin pen.



*This handout is not for use by someone using an insulin pen with a disposable (throw-away) cartridge.