

How to use an insulin pen for an injection

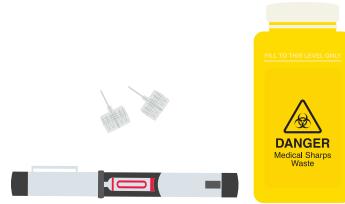
STEP 1

Wash hands.



STEP 2

Collect pen needle, insulin & sharps container.



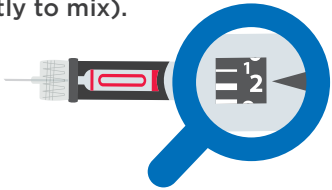
STEP 3

Remove lid from insulin pen and peel off paper backing from pen needle. Screw pen needle onto insulin pen.



STEP 5

To perform an 'air shot' dial up 2 units (for cloudy insulin, rotate the pen gently to mix).



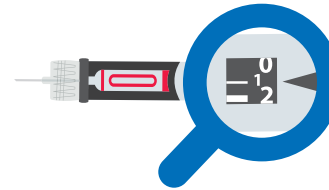
STEP 6

Hold upright and press the plunger to see if insulin comes out. If you don't see insulin come out, repeat the step.



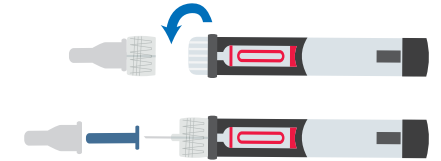
STEP 7

Dial up your dose of insulin.



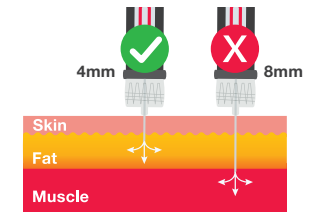
STEP 4

Remove 2 safety caps.



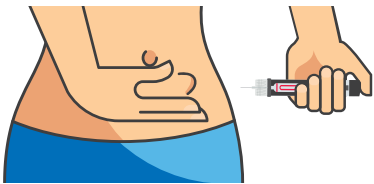
STEP 8

Insert needle into fatty layer, be sure to rotate injection sites.



STEP 9

Press the plunger until the number 'returns' to zero.



STEP 10

Count to ten then remove the needle.



STEP 11

Place outer cap over needle. Unscrew to remove. Dispose in sharps container.



STEP 12

Store your insulin in a cool place out of direct sunlight.

