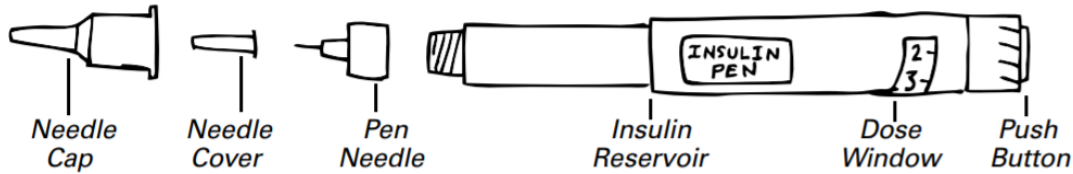
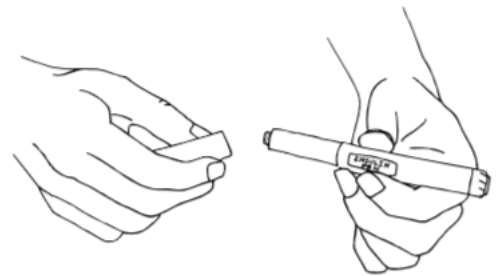




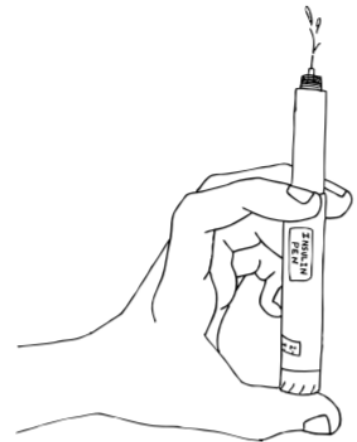
# How Do I Use an Insulin Pen?



1. Find a clean dry area of your skin.
2. Remove the cover from the pen. You will be able to see the insulin in the pen.
3. If you are using a cloudy insulin (NPH, 75/25, or 70/30), turn it up and down to mix the insulin



4. Attach a new needle by peeling back the paper cover and screwing it onto the pen. It should be snug but not too tight.
5. Prime the pen (remove air). To do this, remove the cap from the needle. Turn the knob dose dial to 2 units. Holding the pen so the needle is up in the air, push the dial knob in. Watch the tip of the needle for a drop of insulin.



6. You may need to repeat the dialing to 2 units and pushing a few times until you see the drop on the needle.

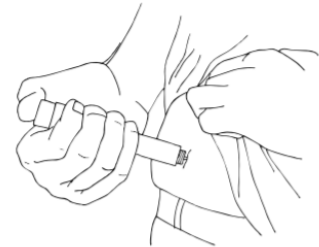
7. Dial in your insulin dose by turning the knob clockwise until you see the right number for your dose.

8. Put the needle straight into the skin quickly. The needle should be all the way into your skin.



9. Using your thumb, push the knob down slowly until all the insulin is in.

10. Count to 5 (wait about 5-10 seconds) before pulling the needle out to ensure all the insulin is delivered.



11. Pull the needle out of the skin.

12. Always remove the needle from the pen immediately after use.

13. Always put the cover back on your insulin pen.

## Clean Up

1. With one hand “scoop” the cap back onto the syringe.
2. Place syringe or pen needle into a heavy plastic container (bleach, detergent or fabric softener bottle). Throw away this container when it is 3/4 full.
3. Keep extra insulin in the door of refrigerator and your current vial or pen at room temperature, for 7-42 days-check package insert.

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