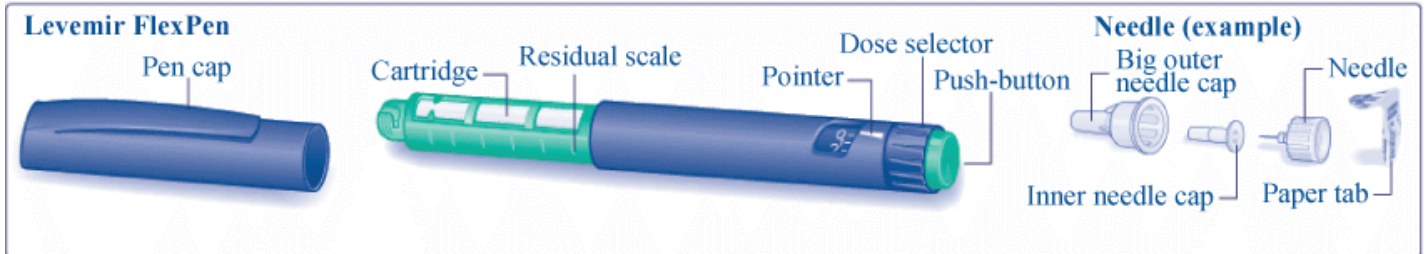


# Levemir® FlexTouch® (insulin detemir injection) 100 units/mL

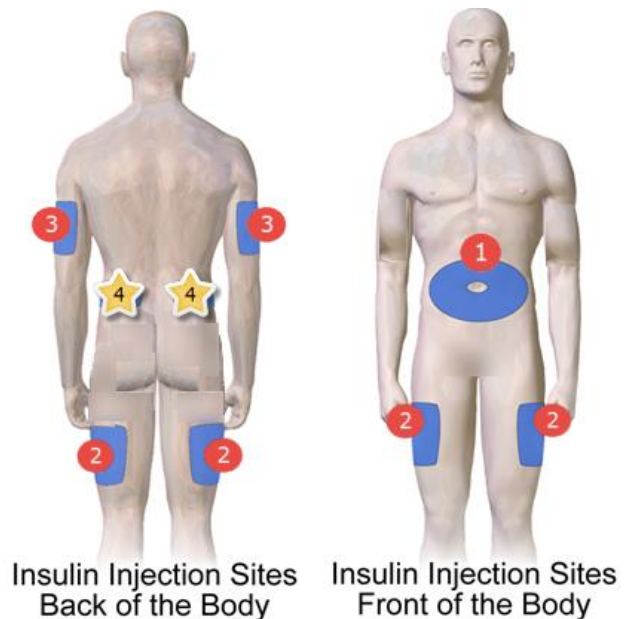
## Levemir FlexTouch Insulin Pen Parts:



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## Where to inject:

- Rotate injections between injection spots #1-4 in the diagram to the right:
  1. **Stomach**, except for the 2-inches around the belly button
  2. Top and outside of **thighs**, except in the bony area close to the knees
  3. Back of the **upper arms** (might work best if someone else is injecting)
  4. **Buttocks** is preferred in children for the best absorption possible
- Insulin is injected into the layer of fatty tissue under the skin, not into the muscle
- Do **not** inject into the same spot every time
- Do **not** inject into moles or scars



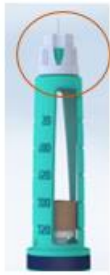
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## STEP 1 CHECK THE INSULIN



## Prepare to inject:

1. If your Levemir FlexTouch pen is in the refrigerator, take it out at least 1-2 hours before use
2. Check the label to make sure you are using the right insulin pen
3. Check the expiration date
4. Remove the pen cap to check the insulin.
  - Do **not** use insulin that is cloudy or not clear, or if it has any specks



**STEP 2**  
**ATTACH**  
**THE NEEDLE**

5. Wipe the pen tip with an alcohol pad
6. Remove the seal on the needle cap
  - Do **not** share needles or insulin pens with anyone else
  - Do **not** re-use needles
7. Twist or push (based on the needle type) the needle straight onto the pen tip

**STEP 3**  
**PERFORM**  
**AN AIR SHOT**



**For each injection:**

1. Select a dose of 2 units
2. Take off outer needle cap (save it) and inner needle cap (throw it away)
3. With the pen pointing up, tap the insulin to move the air bubbles to the top



4. Press the button all the way in and make sure insulin comes out of the needle
  - Repeat up to two more times with the same needle if needed
  - If insulin does not come out after three times, change the needle and try again
  - If insulin still does not come out after changing the needle, the pen may be broken

**STEP 4**  
**SELECT**  
**THE DOSE**



5. Check that the dose counter shows "0" after the safety test
6. Turn the dose counter to the number of Levemir FlexTouch units that equals your dose
  - Do **not** push the button while selecting your dose

**STEP 5**  
**INJECT**  
**THE DOSE**



7. Clean the injection site with an alcohol swab and wait for it to dry
8. Put the needle into the skin all the way
9. Press the button to give the dose
10. Keep the button pressed and slowly count to 10 before taking the needle out of the skin
  - Do **not** rub the spot where you injected

**STEP 6**  
**REMOVE**  
**AND DISCARD**  
**NEEDLE**



11. Put the outer needle cap back on the needle and use it to remove the needle from the pen
  - Remove the needle from the pen after each dose
12. Used needles should be placed in red sharps container or a hard plastic container (ex. empty laundry detergent bottle)
  - Store the Levemir FlexTouch pen without a needle attached and with the pen cap on

**Where to store Levemir FlexTouch:**

- Unused pens should be kept in the refrigerator
- Open or in-use pens should be kept at room temperature for a maximum of 42 days
- After 42 days, Levemir FlexTouch pens should be thrown away in the trash - even if there is leftover insulin
- Do **not** keep Levemir FlexTouch where there is direct heat or direct light
- If Levemir FlexTouch is frozen or overheated, throw it away

**Top five tips for using your insulin:**

1. Use Levemir FlexTouch once a day at the same time every day
2. Rotate your injections between the four injection spots listed above
3. Always use a new needle for each injection and clean the injection site before each dose
4. Slowly count to 10 after pressing the dose button
5. If insulin leaks after the injection, do **not** re-dose; be sure to keep the needle in the skin for at least 10 seconds next time

If you would like to watch a video on how to inject insulin using your Levemir FlexTouch, you can visit:

<https://www.levemir.com/starting-on-levemir.html>



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