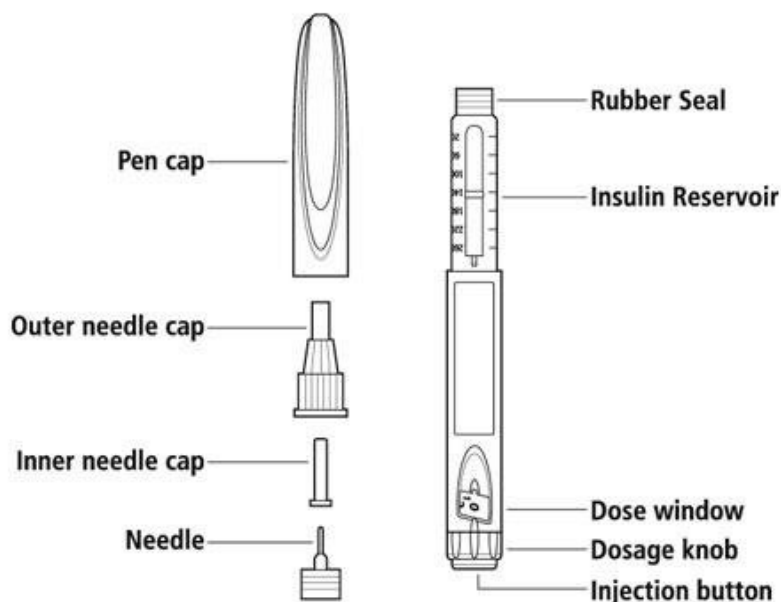


# Long-Acting Insulin Injection Pen (100 units/mL)

Prescription name: \_\_\_\_\_

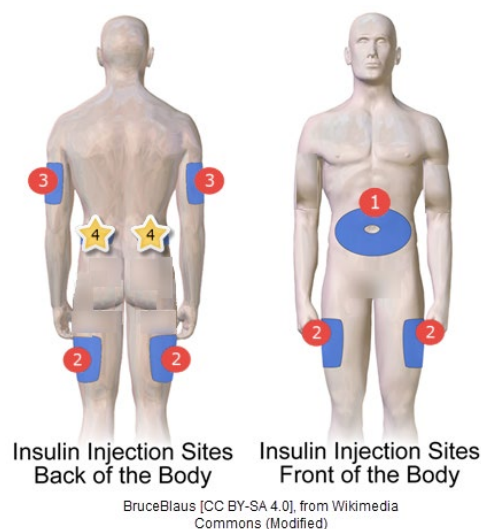
Insulin pen parts:



## Where do I inject the insulin?

- Rotate injections between injection spots #1-4 in the diagram:

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** (this might work best if someone else is injecting the insulin)
4. **Lower back or upper buttocks** (this is the preferred injection spot in children for the best medication absorption possible)



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- Inject your insulin 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.

## **How do I inject the insulin?**

### **Step 1: Check the insulin**

- If your pen is in the refrigerator, take it out at least 1-2 hours before use.
- Check the label to make sure you are using the right insulin pen.
- Check the 28-day expiration date written on the label.
- Remove the pen cap and check how the insulin looks in the insulin reservoir.
  - Do not use insulin that is cloudy, not clear, or has any specks in it.

### **Step 2: Attach the needle**

- Wipe the rubber seal with an alcohol pad.
- Remove the plastic seal on the end of the outer needle cap.
- Twist or push (based on the needle type) the needle straight onto the rubber seal of the pen tip.

### **Step 3: Perform a safety test (or “air shot”)**

#### **For each injection:**

- Select a dose of 2 units (by turning the dosage knob until it is pointing at 2 in the dose window).
- Take off the outer needle cap (save it) and the inner needle cap (throw it away).
- With the needle pointing up, tap the insulin reservoir to move the air bubbles to the top.
- Press the injection button all the way in and make sure insulin comes out of the needle.

- If insulin does not come out, repeat up to 2 more times with the same needle.
- If insulin does not come out after 3 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 your dose**

- Check that the dose window shows “0” again after the safety test (also called an “air shot”).
- Turn the dosage knob to the number of units that equals your prescribed dose.
  - Be careful not to push the injection button while selecting your dose.

#### **Step 5: Inject the dose**

- Clean the injection site with an alcohol swab and wait for it to dry.
- Put the needle all the way into the skin.
- Press and hold the injection button to give the dose.
- 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 the insulin.

#### **Step 6: Remove and discard the needle**

- 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.
  - Do not share needles or insulin pens with anyone else.
  - Do not re-use needles.

- Place the used needle in the red sharps container we gave you, or in a hard plastic container with a sealable lid (like an empty laundry detergent bottle).
  - Store the insulin pen without a needle attached and with the pen cap on.

### **Where do I store the insulin pen?**

- You can keep unused insulin pens in the refrigerator.
- Keep in-use pens at room temperature for no more than 28 days once you begin using them.
- After 28 days, throw away in-use insulin pens in the trash, even if there is leftover insulin in the pen.
- Do not keep insulin pens where there is direct heat or sunlight on the pen.
- If the insulin pens are frozen or overheated, throw them away.

### **Important tips for using the insulin pen:**

- Use the long-acting insulin once a day, at the same time every day.
- Rotate your injection sites.
- Always use a new needle for each injection and clean the injection site before each dose.
- Slowly count to 10 after pressing the dose button before you remove the needle from the skin.
- If insulin leaks out of your skin after the injection, do not give another dose. Just be sure to keep the needle in the skin for at least 10 seconds next time.

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