

# Insulin pen

## How to prepare an insulin pen for injection



1. For cloudy insulin roll the pen in **between your palms** in a horizontal motion **10 times**



2. Then move the pen **up and down gently 10 times** as shown so the **glass ball moves from one end of the cartridge to the other**.

Repeat rolling and moving the pen until the **liquid appears uniformly white and cloudy**



3. **Clean the rubber membrane** with an alcohol swab and allow it to dry before attaching the insulin needle onto the insulin pen



4. **Dial 2 units** by turning the dose selector



5. **Hold the insulin pen with the needle upwards** and tap the cartridge gently with your finger a few times to let air bubbles collect at the top of the cartridge



6. With the insulin pen still pointing upwards, **press the push button all the way in** (the dose selector should return to '0', and a **drop of insulin should appear** at the needle tip)



7. **Select the dose** of insulin you need

# How to inject insulin with an insulin pen

1. **Wash your hands** with soap and water
2. **Dry hands** with a tissue paper or hand towel
3. **Select the injection site** at your abdominal area
4. **Clean** the chosen site with water and tissue
5. **Wait** for the site to dry
6. **Lift up a skinfold** using your thumb and index finger
7. **Inject insulin at 90 degrees** perpendicular to the injection site
8. **Inject the dose** by pressing the push-button all the way in **until '0'**
9. **Keep the push-button down** fully for **at least 6 seconds** (to ensure the full dose has been injected) and as you withdraw the needle from your skin
10. **Place the outer needle cap on the table.** Direct the needle tip into the outer needle cap without holding onto it (to prevent finger stick injury). Unscrew and dispose the used needle after it is covered
11. **Store the insulin pen at room temperature** after injection, away from direct sunlight and heat

