

Insulin Pen Instructions

Part A

1. Wash hands with warm water and soap.
2. Dry hands.
3. Remove cap from pen.
4. If insulin is cloudy, gently roll 20 times. (Talk to your healthcare team about whether or not your insulin should be cloudy.)



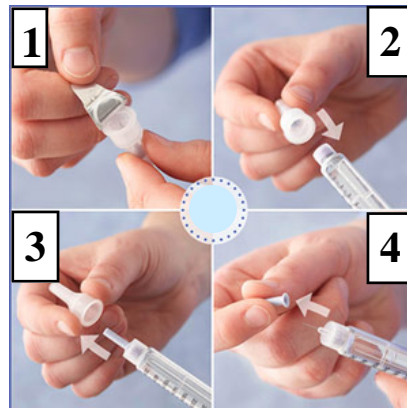
Part B

1. Open alcohol wipe.
2. Wipe top of pen with alcohol.
3. Wipe off site that you are planning to inject with alcohol.



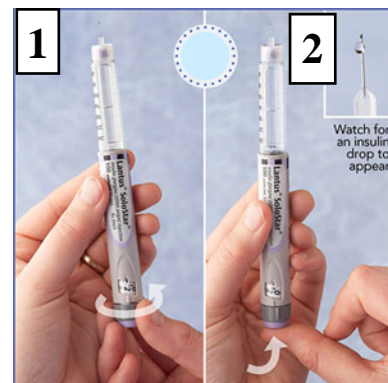
Part C

1. Remove paper tab from pen needle.
2. Screw pen needle firmly onto pen.
3. Take big cap off of pen needle. Save big cap.
4. Take little cap off of pen needle. Discard little cap.



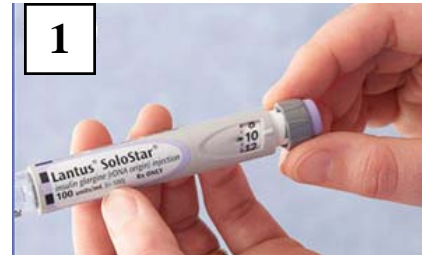
Part D

1. Dial up 2 units on pen (each click is 1 unit.)
2. Point pen needle up towards ceiling and tap on it gently.
3. Press button on bottom all the way.
4. If necessary, repeat steps 1-3 until you see a drop of insulin come out.



Part E

1. Dial pen to **your** insulin dose.



Part F

1. Inject needle into the site you have chosen.
2. Press button on bottom of pen until you hear it click and the dose in the dose window moves back down to zero.
3. Leave needle in your skin and keep pressing the button for at least 5-10 seconds .
4. Remove needle from your skin.



Part G

1. Put large cap back on needle and unscrew counter-clockwise to remove pen needle.
2. Discard needle in hard container (for example: sharps container, empty detergent or shampoo bottle). When container is full, tape lid and discard in trash.
3. Put cap back on pen.



Part H

1. Keep the pen that you are using at room temperature.
It is good for:
 - 42 days if Levemir
 - 28 days if Humalog, Novolog, Apidra, or Lantus
 - 2 weeks if NPH
 - 10-14 days if a mixed insulin, Novolog 70/30, or Humalog 75/25
 Keep pens that you have not started using in the refrigerator.