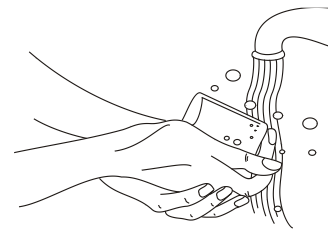


How do I give an insulin injection?

The nurses will help you with the first few injections. Here are the steps to follow:

- 1.** Wash your hands.

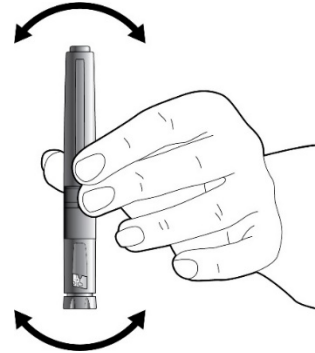


- 2.** Most insulin pens are disposable. Once all of the insulin in the pen has been used or it has been 28 days since first used, throw the entire insulin pen into the sharps container.

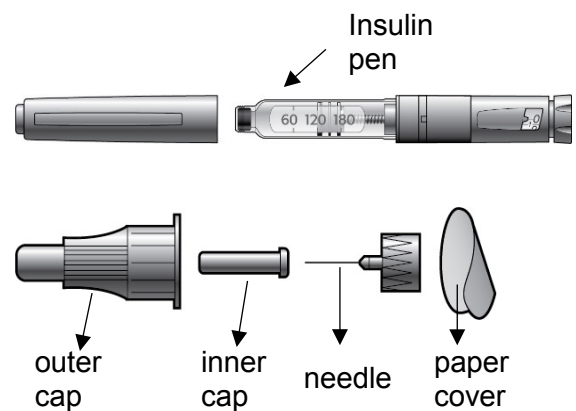
- 3.** If you have a re-usable pen that uses an insulin cartridge, load the insulin cartridge into the pen. Check your manual to see how to load the cartridge.

- 4.** Check that you are using the right type of insulin. Check the expiry date on the cartridge.
-

5. Tip the pen back and forth 10 times gently to mix the cloudy insulin.

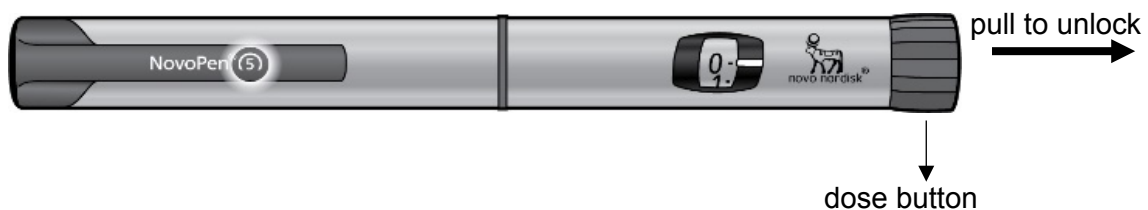


6. Remove outer paper cover from needle tip. Attach needle tip to insulin pen by twisting on clockwise. Remove clear outer cap and put aside. Remove coloured inner cap and throw in sharps container.

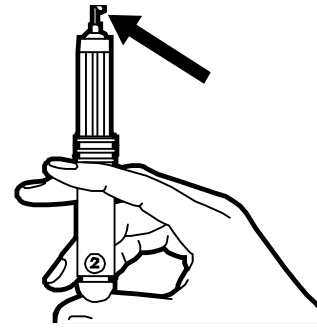


7. If you are using a Luxura or Klikstar pen (reusable), skip to Step 9.

8. If you are using a NovoPen 5 (reusable), pull out the dose button to unlock.

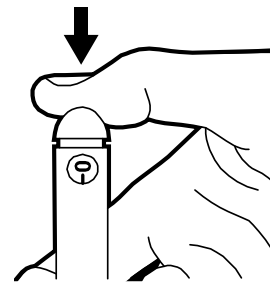


9. Turn the dial to “2”. Point the needle upwards and push the dose button to squirt out the 2 units. If a stream of insulin does not appear, repeat until some insulin does appear.



10. Make sure the number in the window returns to “0” (zero).

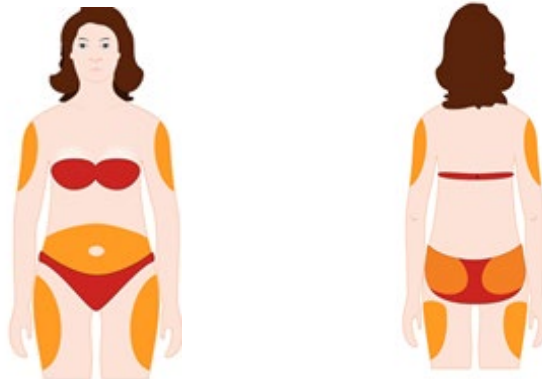
Then turn dose button to your amount of _____ units of insulin.



11. Choose an injection site. The tummy or abdomen is best.

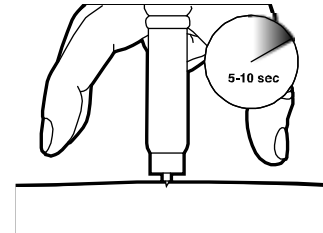
Tips:

- Rotate the sites. Move around to all available areas of the abdomen. Avoid 5 cm (2 inches) around the navel).
- Keep injection sites at least 3 cm (1.5 inches) apart.
- Use a 4 to 6 mm needle tip.
- Watch the injection site for lumps or bumps – do not inject into a lump or bump.
- Use pen needles only once.



12. Insert the needle straight into your skin. You are aiming for the layer of fat below the skin, but above the muscle. You do not need to pinch up any skin unless you are very thin.

13. Push the dose button all the way down to inject the insulin. Count to 10 and then gently remove the insulin pen/needle from your skin. Carefully place large outer cap over used needle tip.



14. Twist cap and needle tip off and discard in sharps container. When the sharps container is full take it to your pharmacy to be replaced.

Do not put your sharps (pen tips, lancets) in the garbage. Speak to your community pharmacist to obtain a sharps container for disposal.



Tips for insulin and pen care

- Do not store insulin pen you are currently using in the refrigerator.
- Store unopened cartridges/pens of insulin in the refrigerator.
- Never allow your insulin to freeze.
- Store insulin away from heat and strong light.
- Store unopened cartridges of insulin in the refrigerator.
- Store opened cartridges of insulin for 28 days at room temperature, and then discard.
- Some insulins last longer than 28 days: check information sheet that comes with your prescription.
- Always carry your insulin pen with you.