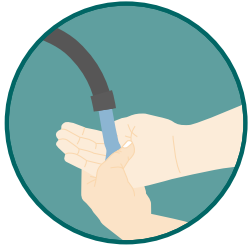
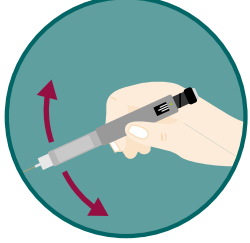


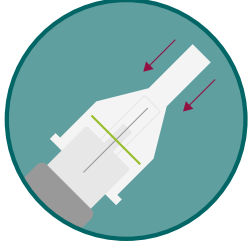
# Injecting insulin with a pen: How does it work?



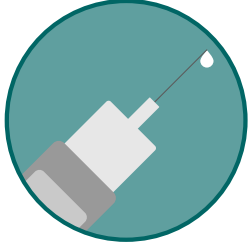
1. **Wash your hands** and check that the injection site is clean.



2. **If necessary, place a new insulin cartridge in the pen.** Mixed insulin or NPH insulins must be well mixed until the entire liquid is cloudy (move gently back and forth approx. 20 times).

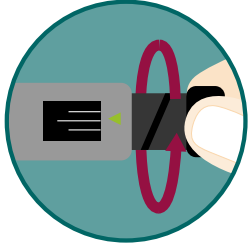


3. **Screw a new needle onto the pen.** Remove the outer and inner protective cap. Make sure you keep the outer protective cap. This is needed for disposal of the needle.

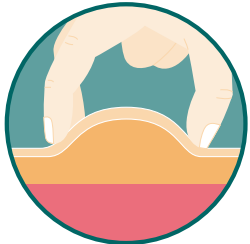


#### 4. **Check:**

Select 1-2 units on the dosage selector and hold the pen with the needle upward. Tap the side of the pen to allow air bubbles to rise to the top. Press the dosage button down. **Ensure that insulin comes out of the tip of the needle.** If no insulin comes out, then repeat the process.

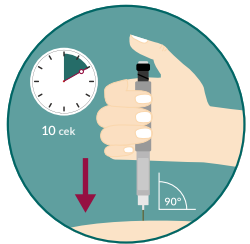


5. **Select the desired insulin dosage using the dosage selector.**

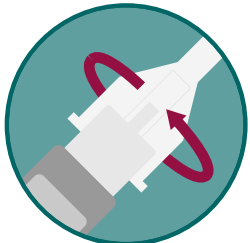


#### 6. **If necessary, pinch a piece of skin.**

Modern pens usually have such short needles that, even without pinching a piece of skin, there is no danger of injecting into the muscle.



7. **Stick the needle rapidly and vertically into the skin.** Inject the insulin slowly and steadily. Press the dosage button with your thumb as far as it will go. Wait 10 seconds until all the insulin has been administered. Pull the pen needle straight out of the skin and release the pinched skin.



8. **Replace the outer protective cap** and use it to remove the pen needle. **Dispose of the pen needle** in a shatterproof container.