

How To Use your Insulin Pen

1. If cloudy insulin – Mix by tipping (do not shake) invert 10-20 times
2. Attach new needle
3. Test shot (to check pen is working) Dial up 2-4 units and deliver upright watching for insulin coming out of needle, if none seen repeat until insulin seen, ensure dial back to 0.
4. Dial up dose
5. Choose injection site remember use the same site at the same times e.g morning insulin into the tummy, remember to rotate around the area you are using to inject
6. Inject quickly at 90 degrees with skin taught (tummy.thighs or buttocks) Remember to rotate area's you are using to inject
7. Deliver dose
8. Count to 10 and withdraw
9. Safely remove needle and dispose in sharps bin (available from GP)
10. Insulin pen in use can be kept out of the fridge (for 28 days)

Supplies on repeat prescription from your GP

Yellow Sharps Bin

BD Viva Pen Needles 4mm (PIP- code 398-9415)