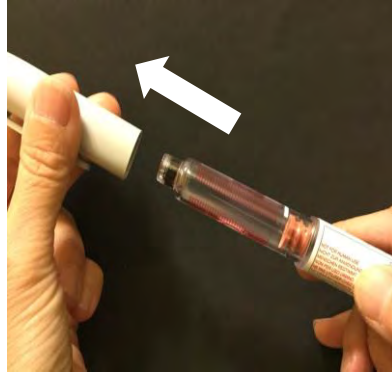


## USING AN INSULIN PEN (updated 11/28/2017)



1. Pen with cap



2. Remove cap



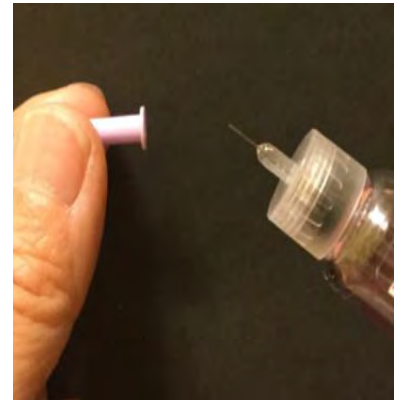
3. Peel paper off needle



4. Push needle straight onto rubber tip of pen. Screw to tighten.



5. Pull off outer cap



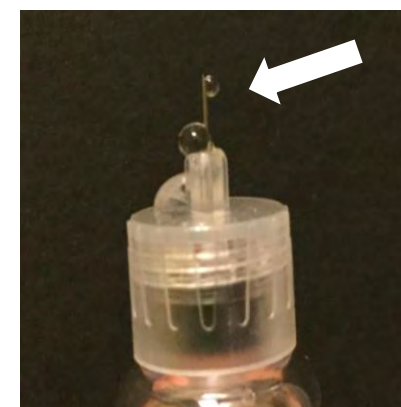
6. Pull off inner cap



7. Turn dial to "2"



8. With needle pointing up, push button in all the way



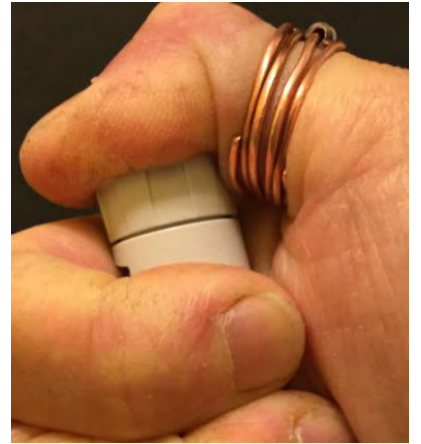
9. Drop of liquid at the tip means the needle is primed (ready for injection)



10. Now dial the dose you are prescribed



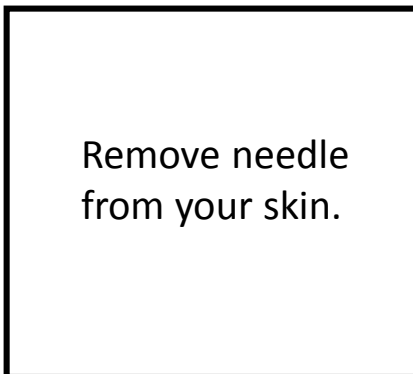
11. Insert the needle into your skin



12. Use your thumb to push the button down all the way. Then count to 6 slowly



13. Make sure the dial goes back to zero



14. Cover needle with outer cap only



15. Unscrew needle from pen



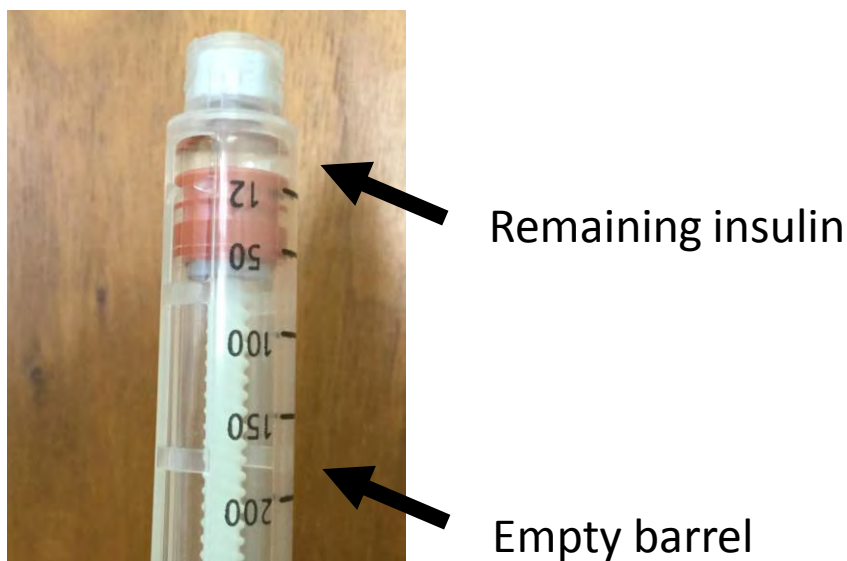
16. Throw needle away in sharps box



17. Replace cap on pen for next time

## Other important reminders

- 1 box contains 5 pens
- Each pen contains 300 units of insulin. How long one pen lasts depends on the dose you are using
- Keep new pens in the refrigerator
- Keep the pen you are using at room temperature (under 86F) for up to 1 month
- When there is no more insulin left in the pen, you will not be able to turn the dial, and the barrel of the pen looks like this:



### Special note for mixed insulins:

- Novolog 70/30, Humalog 75/25 or Humalog 50/50 are mixed insulins containing powder and liquid.
- You must gently rock the pen back and forth to mix the insulin before you inject it.
- Once mixed, the insulin will turn milky white.
- Pens with mixed insulin can be used for up to 10-14 days