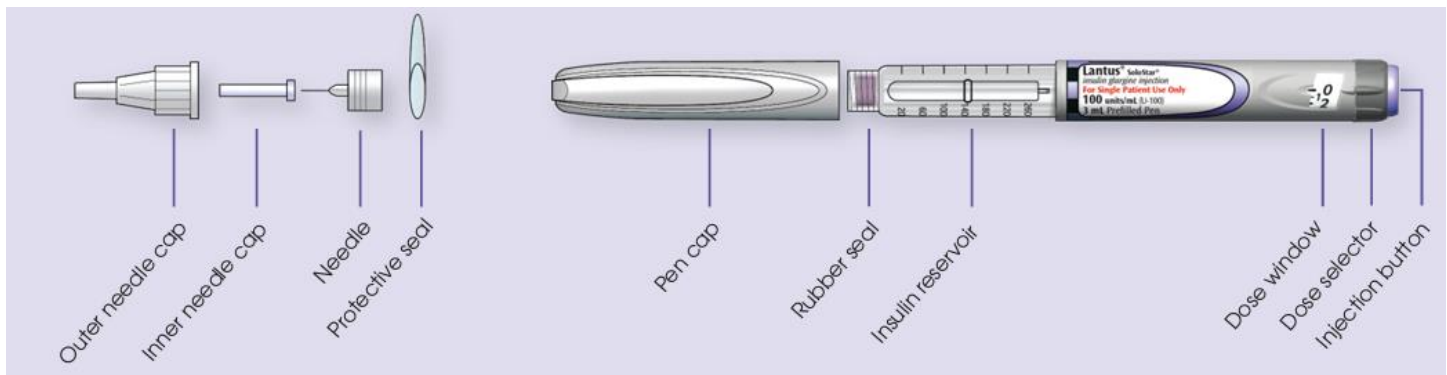


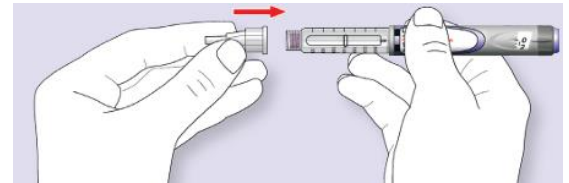


PATIENT INFORMATION USING AN INSULIN PEN



1. Prepare your supplies

- Gather your insulin pen, a new pen needle, alcohol swabs, and a sharps disposal container.
- Wash your hands with soap and water.
- Check the reservoir to make sure the insulin is clear and colorless.

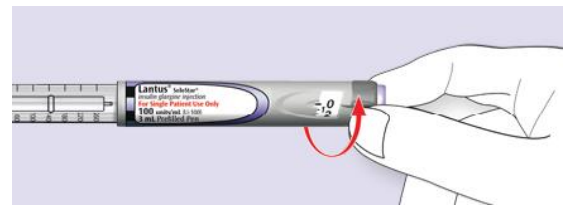


2. Attach the needle

- Remove the cap of the insulin pen.
- Clean the rubber seal with an alcohol swab.
- Attach a new pen needle by screwing it on tightly.
- Remove the outer and inner needle caps, keeping the outer cap for later disposal.

3. Prime the pen

- Dial 2 units of insulin.
- Hold the pen upright (needle pointing up) and tap it gently to remove air bubbles.
- Press the injection button to release insulin until a drop appears at the needle tip. Repeat if necessary.

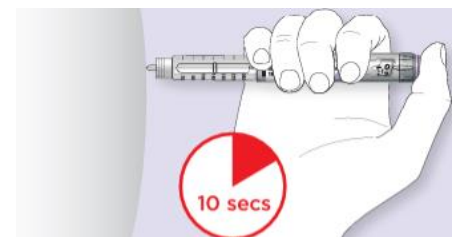


4. Set your dose

- Turn the dose selector to the number of units prescribed by your healthcare provider.
- Confirm the dose on the pen's display.

5. Inject the insulin

- Choose an injection site on the abdomen. Rotate sites to prevent skin issues.
- Clean the skin with an alcohol swab and let it dry.
- Pinch the skin lightly and insert the needle at a 90-degree angle.
- Press the injection button fully and hold for 10 seconds (slowly count to 10) to ensure the full dose is delivered.
- Remove the needle from the skin.



6. Dispose of the needle

- Remove the needle using the outer cap and discard it in a sharps container.
- Replace the insulin pen cap and store it at the recommended temperature.

LONG-ACTING INSULINS (taken at bedtime):



<https://www.lantus.com/how-to-use/using-solostar-insulin-pen>



<https://uspi.lilly.com/basaglar/basaglar.html#ug0>



<https://www.tresiba.com>

INTERMEDIATE ACTING INSULIN (taken up to twice daily):



<https://pi.lilly.com/us/HUMULIN-N-KWIKPEN-IFU.pdf>

FAST ACTING INSULINS (taken with meals):



<https://insulins.lilly.com/humalog>



<https://www.myfiasp.com/>



<https://www.novolog.com/>