



Using an Insulin Pen

Step 1

Always wash your hands first.

Step 2

Sanitize the pen.

Remove the pen cap and wipe the top with an alcohol swab.

Step 3

Attach a needle to the pen. Take out a new pen needle and peel off the outer plastic seal. Position the needle on the top of the sanitized pen, apply a small amount of pressure and twist to the right until it stops turning.

Step 4

Remove the both the outer clear plastic cap and the inner colored cap (the color will vary depending on the needle size). **Caution:** now the needle is exposed, so be careful not to poke yourself accidentally.

Step 5

Prime the pen. To do this, dial up two units using the dial at the bottom of the pen, and push the end of the pen until the window reads zero again. You should see the insulin dripping out of the needle. This ensures that the needle will work before injecting yourself.

Step 6

Dial up your dose and inject. Turn the dial at the end of the pen until the window reads the proper dose. Typically each click is one unit. Sanitize the spot that you are going to inject. Hold the pen at a right angle and inject. Press the button at the end of the pen until the window reads zero again.

Helpful Hints:

- The abdomen is the preferred injection site, but you can also inject on the side of your thigh (where your hand falls), in your buttocks, or in the back of your arm.
- Rotate where you inject to prevent scarring.
- Never reuse pen needles. This increases the risk of infection.
- There are different sizes of needles. The goal is to inject into the fat under your skin, not the muscle. If you are using a longer needle (8mm or 12.7mm), you may need to "pinch an inch" of fat before injecting.



Diabetes from the
Ground Up, LLC