

Giving Insulin – Insulin Pens

All people with Type 1 Diabetes and many with Type 2 Diabetes need insulin to manage blood sugar levels. Insulin will lower blood sugar and give your body energy. This handout will teach you how to give your insulin injections.

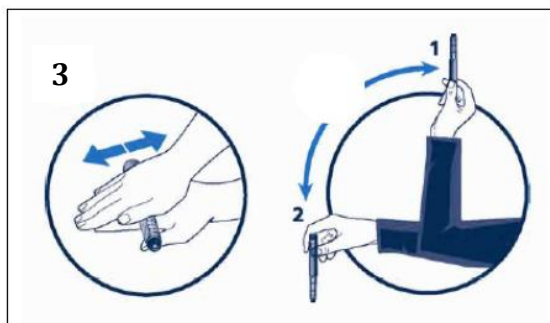


What do you need to give insulin?

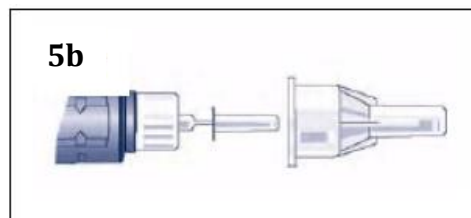
- Insulin cartridge and pen for the brand of insulin that is prescribed for you, OR
- Prefilled insulin pen
- Pen tip needles – for most people, 4-6 mm are a good choice.

How do you give insulin?

1. If your insulin is in a cartridge, load the cartridge into your pen. The pharmacist can help you load the first cartridge or you can consult the package insert.
2. The insulin in the pen you are using can be kept at room temperature for 30 days. Extra insulin cartridges should be kept in the refrigerator.
3. If the insulin is cloudy, mix it by turning it over or rolling in your hands at least 20 times so that it looks evenly 'milky'.

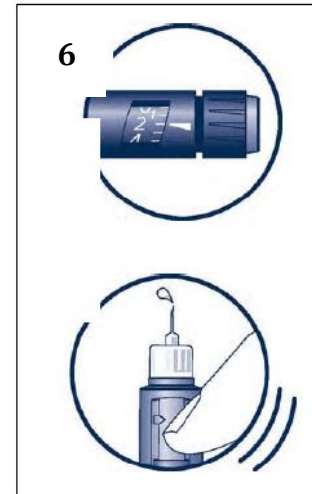


4. Peel the paper tab off the needle tip. It is recommended that you use a new needle every time.
5. **a)** Screw a pen tip needle on to the pen.
b) Pull off the large outer and small inner caps to reveal the needle.



Giving Insulin – Insulin Pens

6. Dial a 2 unit test dose and squirt it into the air by pressing the button on the end of the insulin pen. This is done to be sure the insulin is flowing. If the cartridge is new, it may require repeating the test dose and could use up to 10 units before the insulin flows.



7. Dial up your dose of insulin. Your starting dose is...

_____ @ _____
_____ @ _____
_____ @ _____
_____ @ _____

8. Lay the pen in the palm of your hand with the needle facing your belly. Place your thumb over the injection button.

9. **Choosing a new site each time,** insert the needle straight into your belly and inject the insulin. The belly is the preferred site for adults and may be used for children as well. The thighs, arms, and buttocks may also be used.

10. Press the injection button all the way in and then count to 10.

11. Check that the dose window reads 0. Remove the needle from your belly.

12. Replace the larger outer cap on the needle tip and unscrew to remove. Dispose of the used needle in a sharps container or a plastic jar with a lid.

