



CLIENT INSTRUCTIONS FOR INJECTING INSULIN WITH A PEN

1. Gather pen, alcohol swab and needle.
2. Wash your hands.
3. Take top off pen.
4. Clean top of pen with alcohol swab.
5. Screw needle to top of pen.
6. If cloudy insulin – mix by turning the pen 25 times. DO NOT SHAKE!
7. Take both caps off needle. Ensure needle is screwed on.
8. Purge needle to remove any air. Dial up 2-4 units of insulin, turn pen upside down so needle is in the air, and then press the end of the pen. Repeat until a drop of insulin appears at needle tip.
9. Dial up _____ units of insulin (however many units of insulin you need to take for the particular time of day.) Ensure the amount is correct.
10. Ensure injection site is clean.
11. Gently pinch up injection site.
12. Insert needle straight in and release the pinch.
13. Inject insulin (by pressing the end of the pen.) Make sure the window goes back to 0 and you hear a click.
14. Slowly count to 10. Remove needle from injection site.
15. Unscrew the needle and place in your sharps container.
16. Put cover back on your pen and place in case.

Date Revised: November 16, 2010