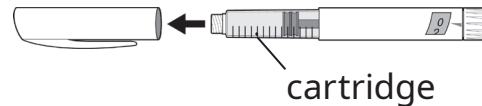


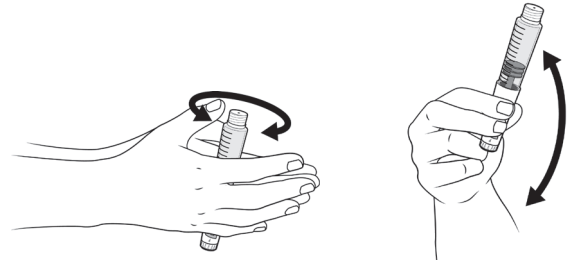


# How to Use My Insulin Pen

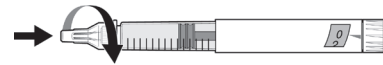
1. Pull the cap off the pen and check the cartridge to see if there is enough insulin.



2. For cloudy (mixed) insulin: Roll the pen 10 times. Then tip the pen 10 times.



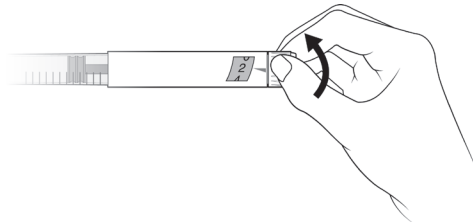
3. Attach the needle. Make sure it is tight.



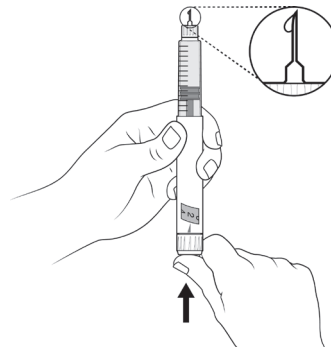
4. Remove 2 caps from the needle.



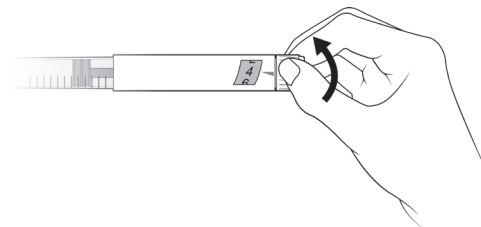
5. Dial up 2 units.



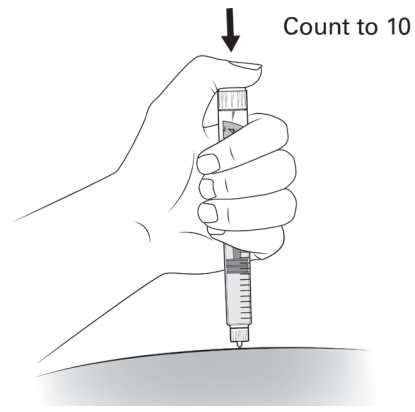
6. Push the bottom of the pen to release air from the needle. Look for a drop of insulin on the end of the needle. **If there is no insulin, do steps 5 and 6 again.**



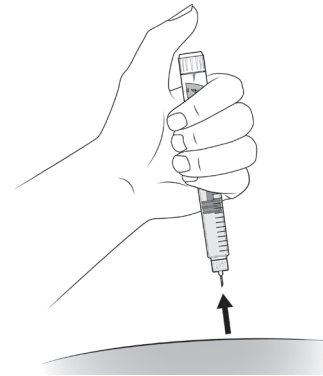
7. Dial up the dose.



8. Put the needle straight in, not at an angle.
9. Inject the insulin by pushing the button at the bottom of the pen all the way. Check to make sure the dial goes back to zero.
10. Count to 10 while leaving the needle in place.



11. Remove the needle.



12. Cap it with the large outer cap and turn it counter clockwise (to the left) to remove the needle.



13. Throw the needle in a sharps container, not in regular garbage.
14. Do not store the pen with needle attached.



**Remember to eat within 10 minutes of taking rapid or mixed insulin.**

Type of insulin	How much before breakfast	How much before lunch	How much before supper	How much at bedtime

### How to store my insulin pen

Store your unopened insulin in the refrigerator until the expiry date. Insulin expires 28 days after it is opened, except for Tresiba/Degludec, which expires 56 days after it is opened.

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