

PREPARING AN INSULIN PEN AND INJECTING



Step 1: Wash hands



Step 2: Gather supplies



Step 3: Remove cap



Step 4: Wipe rubber with alcohol



Step 5: Remove paper from pen needle



Step 6: Twist needle clockwise onto the pen



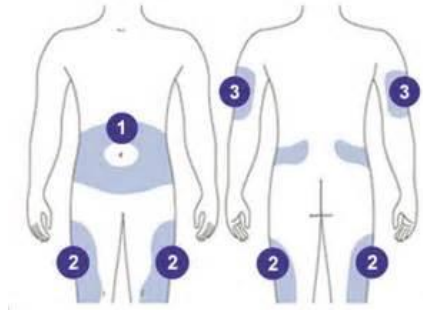
Step 7: Pull off the outer and inner covers



Step 8: Before each use, dial to 2 units and push to see insulin come out (3 units for Toujeo, 5 units for U-500)



Step 9: Make sure dose reads zero, then dial to desired dose



Step 10: Choose a site, wipe with alcohol and let air dry



Step 11: Inject at a 90° angle & count 5-10 before removing



Step 12: Twist off needle and dispose into a sharps container

Storage: Store unopened insulin pens in the refrigerator. Do not freeze.

Expiration: Discard after 28 days of use, even if insulin remains (some last longer).

Insulin dosage: _____

When to inject: _____

UMASS MEMORIAL DIABETES CENTER OF EXCELLENCE

Ambulatory Care Center (ACC), Second Floor

55 Lake Avenue North, Worcester, MA 01655

508-334-3206

umassmed.edu/diabetes

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