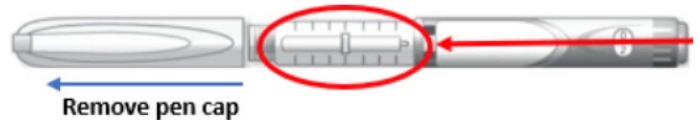


How to Use an Insulin Pen: Quick Tips.

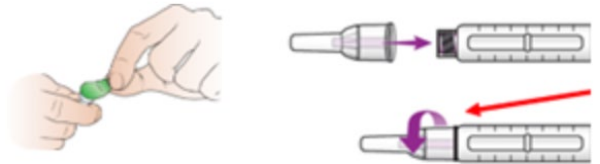
1. Check the label – ensure you have the right Insulin



2. Pull off pen cap and check insulin appearance



3. Peel off paper seal from new needle and twist the needle on to the end of the pen until it feels firmly in place



4. Remove both the outer and inner needle cap. Keep the outer needle cap for later use while throwing away the inner cap



5. Prime the needle with 2 units of insulin by turning the dose selector to 2 and press the injection button all the way in. Repeat until you see insulin come out of the needle tip.



Turn the dose selector until you see "2" in the dose window



6. Set your dose

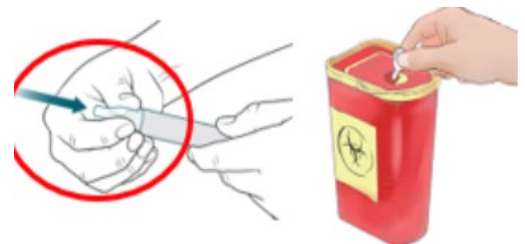
7. Insert the needle into your injection site. Inject the insulin by pressing your thumb down on the injection button – use a firm grip but be gentle



8. Once your dose has been injected, hold the pen in place for 10 seconds



9. Withdraw the needle. Place the outer cap on and twist the needle off. Put your used needle in a sharps container



10. Put the pen cap back on the pen and store at room temperature

