

# How to Give Insulin Injections

## INSULIN PENS:

1. Remove cap from pen. Clean rubber part with alcohol wipe
2. Remove paper cover from pen needle and screw onto pen until tight
3. Pull off outer and inner needle shield (keep outer for later)
4. Prime the pen by turning dose knob to 2 units and pushing the dose knob in until it resets to "0" and insulin appears at the tip of the needle
5. Dial the pen to the number of units desired for the injection (the number should line up with the notch in the dose window)
6. Choose an injection site, clean with an alcohol wipe and let air dry
7. Pinch a 1-2 inch area of skin and fat between your thumb and first finger
8. Insert the needle into the site at a 90 degree angle. Push the dose knob all the way in until it resets to "0" to deliver the insulin. Leave in place for 5 seconds
9. Remove the needle from the site at the same angle it was inserted
10. Carefully place outer needle shield back on needle and twist to remove needle from pen
11. Replace pen needle cap. Store at room temperature. Expires 28 days after opening

