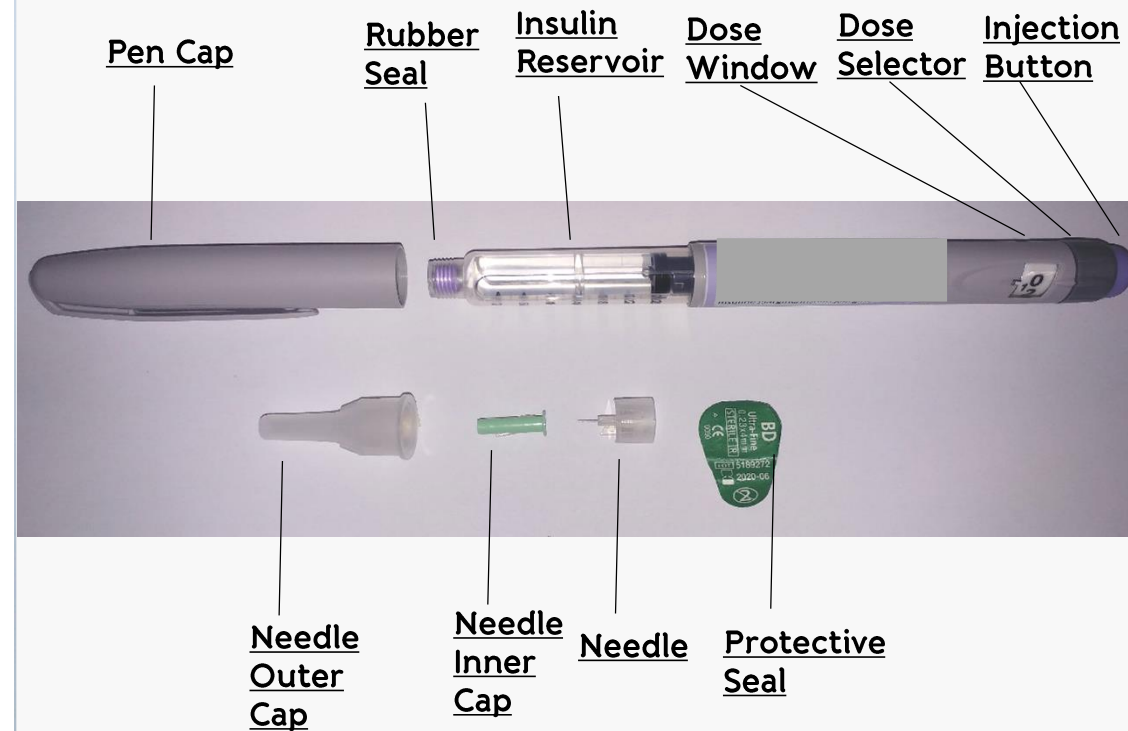


Clinic B2B
 TTSH Medical Centre, Level B2
Contact:
 6357 7000 (Central Hotline)
 6357 8000 (Non-Subsidised Appointment)

Department of
ENDOCRINOLOGY

Pen Insulin

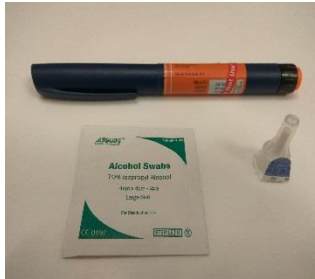
Instructions on Preparation for Injection and Storage



Step 1: Getting Ready



A. Wash your hands and dry thoroughly.



B. Gather your supplies.

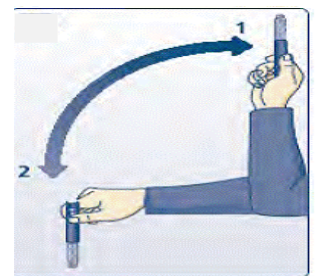
Check the expiry date on the insulin pen.
Discard the pen 4 weeks after opening, or
as per manufacturer's instructions.

If you are using a **CLOUDY** insulin, eg Novomix^R, continue with the following steps.

If you are using a **CLEAR** insulin, proceed to step 2.



C. Roll the pen horizontally between your palms at least 10 times.

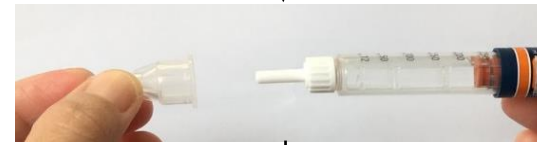


D. Move the pen up and down gently 10 times as shown.

This allows the suspension to mix well.

Do not shake.

Step 2: Insert Pen Needle



A. Use a new needle each time.

Peel off protective seal from the new needle.

Screw the needle securely.

B. Remove outer cap. Do not throw.

C. Remove inner cap and throw away.

Step 3: Perform Safety Test



A. Turn the dose selector to "2".



B. Hold the pen upright.

Press the injection button until "0" appears at the dose window.



C. A drop of insulin should appear at the needle tip. Otherwise, change the needle and repeat the step no more than 3 times.

If no drop of insulin appears, the pen is defective, and a new pen must be used.

Step 4: Turn to Insulin Dose



A. Turn the dose selector to the required dose.

If you have overshoot your dose, dial back to "0" and dial again.

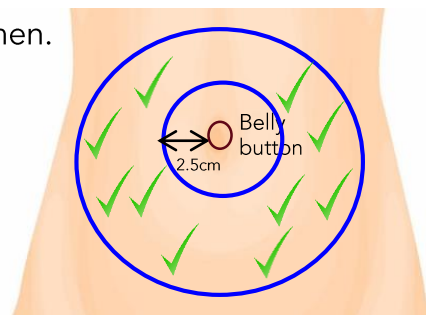
Step 5: Where to Inject Insulin

The most common site of injection is the abdomen.

Inject at least 2 finger width from belly button (about 2.5 to 5cm).

Each injection should be spaced 2 fingers apart from the previous site (about 2 to 3cm).

Do not inject insulin at the same site repeatedly.



Step 6: How to Inject Insulin



A. Clean the injection site with alcohol swab.

B. Pinch a fold of skin.

Hold the syringe with the other hand as shown.

Make sure you can see the dose window.

Inject at 90 degree angle to the skin.

Push injection button until the dose window shows

"0". Count to 10 before removing needle.

Remove syringe and release pinch at the same time.



C. Apply gentle pressure over the injection site with a finger for 5 seconds.

Do not rub the injection site.

Step 7: How to Remove Needle



A. Put back the outer needle cap.



B. Unscrew the needle using the outer needle cap.



C. Remove the needle as shown.

Step 8: Disposal and Storage



A. Throw used needles into a hard plastic container with a cover.

Do not re-use needles.



B. Keep opened insulin in a cool, dry area away from sunlight.

Unopened insulin must be kept in the fridge.