

# Your Health Matters

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## Use of Insulin Pen

### 1. Remove protective tab

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### 2. Screw needle onto pen

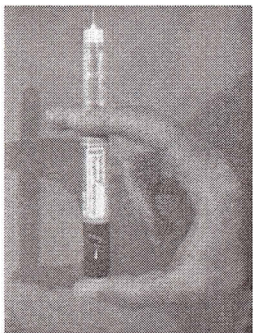
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- Remove outer and inner plastic needle caps

### 3. Do air shot

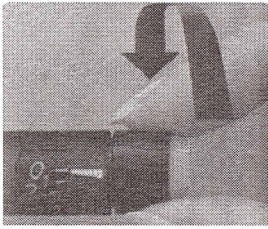
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- Dial to 2
- Press button
- Repeat until you see insulin leak out of needle
- Shake off excess insulin from tip

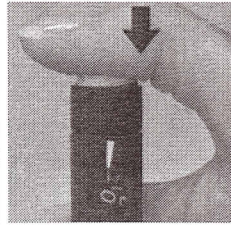
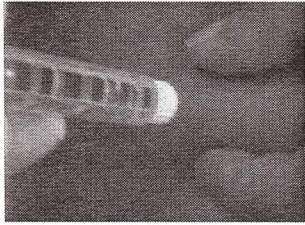
## 4. Dial the insulin dose

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## 5. Give the insulin

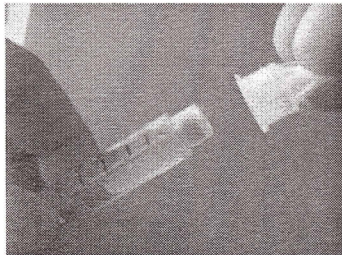
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- Insert needle into skin at 90 degree angle
- Press button to deliver insulin
- Make sure dial returns to 0
- Count to 10 before removing needle

## 6. Remove needle from pen

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- Never store a needle on the pen as it will draw air into the pen