

Administering your insulin injections

Information for patients, their
families and carers





Step one

Wash your hands with soap and water.

Dry with a clean towel.

If using a cloudy insulin perform steps two and three. If not go to step four.



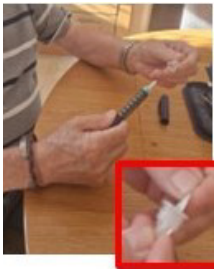
Step two

Gently roll the pen back and forth between the palms of your hands 10 times. Do not shake.



Step three

Tip the pen up and down 10 times to mix the insulin.



Step four

Put a new needle onto your pen by removing the film and twisting needle onto the pen. Remove the outer cap of the pen.



Step five

Now remove the inner cap.



Step six

Hold the pen upright and perform an 'air shot' also known as priming the needle by dialling up at least two units.



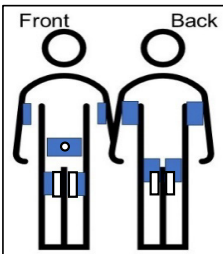
Step seven

Press the plunger to expel a test shot of insulin. Repeat until you get a steady stream of insulin coming out.



Step eight

Dial up your dose.



Step nine

Choose an area to inject such as the outer thighs, belly, bum, and back of the upper arm.



Step ten

Put the needle in and keep the pen steady. Push the plunger slowly to inject the dose.



Step eleven

After the dose has been injected, hold the needle in for 10 seconds to help all the insulin dose be delivered.



Step twelve

Ensure that the used needle is deposited into a sharps bin.

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.

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