

HOW TO USE INSULIN PEN?

- Check expiry date of Insulin pen Refill
 - Wash hands
 - Take 2 alcohol swabs, insulin pen needles in a tray
 - Remove the pen cap
 - Clean the tip of the pen with an alcoholic swab.
 - Remove the protective cover from the insulin pen needle.
 - Attach the needle to the pen and screw tightly onto the pen.
 - Remove the outer needle cap and put it aside, remove and discard the inner cap
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- Check if dose selector is at 0 and turn to the required dose as per prescription
 - Clean the injection site with an alcohol swab and let it dry
 - Grip the pen firmly and insert the needle perpendicularly into the skin
 - Press the dosing button to inject insulin slowly until the marking 0 lines up with the pointer
 - Continue to press the dosing button for 6 more seconds
 - Withdraw the needle
 - Cover the needle with big outer cap tightly and use it to unscrew the needle from the pen
 - Discard the used needle in a sharps container
 - Put the cap back to the pen, label the date when it was first opened