

How to Use Pen Needles

Pen needles can give doses of insulin in 0.5 increments

Steps:

1. Remove lid from pen
2. Select a sterile pen tip, remove the paper backing
3. Screw the pen tip on until tight, remove the plastic jacket
4. Remove the green needle cover
5. "Prime the pen", dial the dose to 2 units
6. Hold the pen over a sink with the tip pointing up, tap the pen to move any air bubbles to the top
7. Press in the bottom button to release the insulin (you should see insulin spray out of the top – if not repeat steps 5-7 until you do)
8. Tap the pen with your finger to remove any excess insulin on the pen tip
9. Dial the dose to the needed amount
10. Select an injection site
11. Hold the site to prevent her from moving but Do Not pinch the skin (it is a very short needle and pinching the skin can cause some of the insulin to leak back out)
12. Inject the pen, push the button to release the insulin, and count to 10
13. Remove the pen
14. Place the plastic jacket back on the pen tip and screw off, dispose of the pen tip – it is very important to remember this step because it prevents bacteria from getting into the insulin and "spoiling"it.