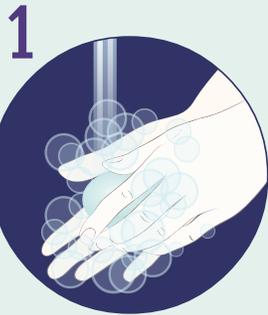


MATERIALS NEEDED

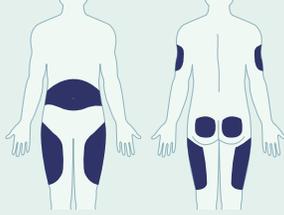


HOW TO INJECT INSULIN using a pen



1 Wash your hands.

2 INJECTION AREAS



Remember to always rotate your injection site. Avoid injecting in scar tissues or in muscles.



3 Screw on a new needle.

4 For cloudy insulin only, do the following:



Mix insulin 10 times as shown.

6b

Push the end of the pen so that insulin will come out.



If no insulin comes out, repeat steps a) to c) until insulin appears.



6a Point pen and needle upwards.

6a



Dial to #2

6



5 Remove tops.

5



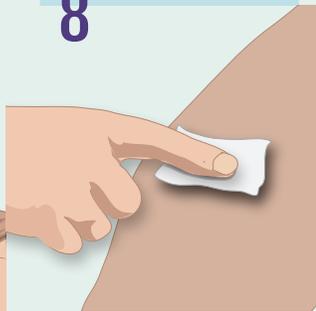
Gently roll the pen 10 times

7



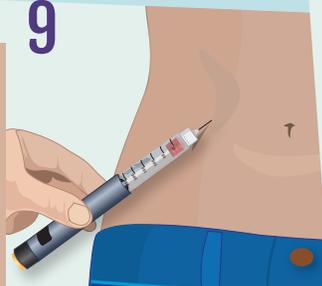
7 Dial your dose of insulin.

8



8 Wipe the skin with an alcohol swab and let the skin dry.

9



9 Put the needle fully through the skin at a 45 degree angle, depending on the skin depth

10



10 Push the top of the pen all the way until it stops. Leave the needle in for 5 seconds.

11



11 Remove the needle from the skin and apply pressure to the injection site for 10 seconds.

14

14 Drop it into the sharps container.



13



Remove needle from the pen.

12



12 Check that your pen is set back to "0".

When your sharps container is 3/4 full, bring it back to your pharmacy or your CLSC.

Centre universitaire de santé McGill



McGill University Health Centre

Office d'éducation des patients
Patient Education Office