Step-by-Step Guide to Using an Insulin Pen

See Tiger TV channel 944

1. Wash and dry your hands.

2. Arrange your supplies: sharps container, alcohol wipes, insulin pen and needle.

3. Remove the pen cap and wipe the stopper using an alcohol wipe.

4. Remove the seal and push the new needle straight onto the pen.

5. Screw needle on tight.

6. Remove the outer shield (a), and then remove the inner shield (b).

7. Check the flow of the medication by dialing two units. With the needle facing up, press the thumb button until you see a drop of medication. If necessary, repeat until you see a drop of medication.

8. Dial your medication dose.


10. Press the thumb button down. Post injection, count for ten (10) seconds before removing the needle from your skin.

11. Throw the needle away after one use. Use a safe sharps container.