

Win

Against
Diabetes



Insulin Pen

Preparation and Administration

HOW TO PREPARE AN INSULIN PEN FOR INJECTION

- 1 Wash your hands and prepare these items.



- 2 Clean the tip of the pen with an alcohol swab and attach the needle.



- 3 Remove the outer needle shield but do not throw it away.

Prime the pen by turning the dose knob to 2 units, holding the pen with needle pointing up, and pushing the dose knob in.



- 4 A drop of insulin should appear at the tip of the needle.



- 5** Turn the dose knob to the number of units you need to inject. The dose indicator line should line up with your dose.



- 6** Following the injection, the used needle should be led towards the needle shield, which is then capped. Unscrew the needle with the needle shield on.



- 7** Discard the used needles in a puncture resistant container.



Watch our video guide on insulin pen injection here:
SingHealth Wellness TV
'Insulin Pen Injection'



Note that premixed insulin is cloudy rather than clear. For this premixed insulin, roll the pen 10 times and invert the pen up and down 10 times to ensure this is well mixed before use.

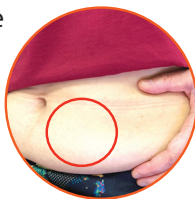


HOW TO ADMINISTER INSULIN WITH AN INSULIN PEN

1 Wash and dry your hands.

2 Check that you have the correct type of insulin pen. Check the expiry date.

3 Check your dose of insulin prescribed. Perform the safety check and turn to the correct amount.



4 Select and inspect the injection sites for any lumps or hardened areas, redness, swelling or scar tissues. Do not inject into these areas.

5 Clean the injection site with an alcohol swab.

6 Wait for the alcohol to dry.

7 Gently lift a skinfold. Not everyone will need this step. Check with your healthcare provider.



8 Hold the insulin pen at a 90-degree angle perpendicular to the skin.



9 Inject the insulin by pushing the dose knob down gradually at a steady speed. Count for 10 seconds after the plunger is fully depressed. Withdrawing the pen needle at the same angle it was inserted, release the skinfold.

10 Place the outer needle shield on a table, direct the used needle into the needle shield and cap the used needle before unscrewing the needle for disposal. This is to prevent finger-stick injuries.

11 Discard the used insulin needle in a puncture-resistant sharps container and seal it before disposal.





HOW TO STORE YOUR INSULIN PEN

Insulin	Storage	Remarks
Insulin in-use	At room temperature (max. approximately 25-30°C)	Once the pen is in use, it need not be kept in a fridge. Label each pen with a date on the sticker.
	For Novorapid FlexPen and Penfill, Lantus Solostar, Novomix FlexPen, Apidra Solostar: Discard 4 weeks after opening For Levemir FlexPen and Toujeo Solostar: Discard 6 weeks after opening	
Brand new insulin	In the fridge at 2-8°C <i>Do not store insulin in the freezer!</i>	Insulin should be removed from the fridge at least 30 minutes before injecting. Always check the expiry date before using the insulin.

Note

Insulin is not to be checked in when travelling.

Keep them in your hand-carry luggage (see pg 120 for guidance).



**More topics are available in the full
Win Against Diabetes booklet.**

Scan the QR code for a digital copy.



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