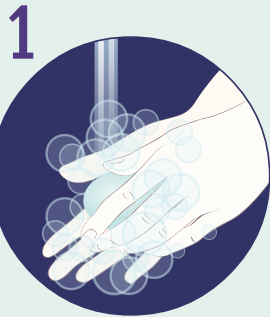


## MATERIALS NEEDED

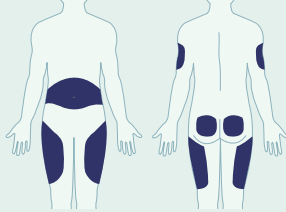


# HOW TO INJECT INSULIN using a pen



Wash your hands.

## 2 INJECTION AREAS



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



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.



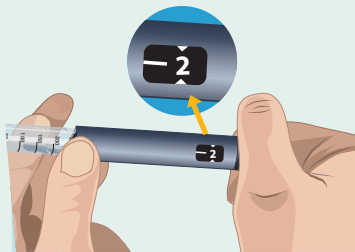
If no insulin comes out, repeat steps a) to c) until insulin appears.

## 6a



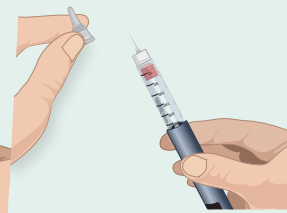
Point pen and needle upwards.

## 6

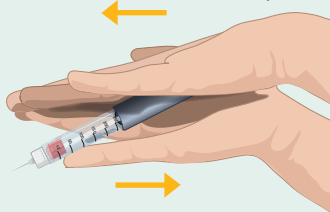


Dial to #2

## 5



Remove tops.

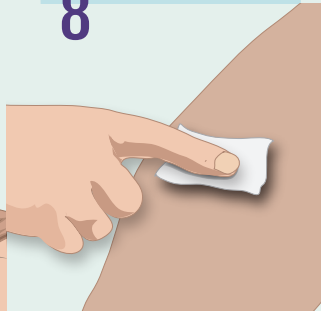


Gently roll the pen 10 times



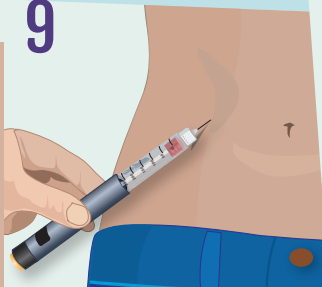
Dial your dose of insulin.

## 8



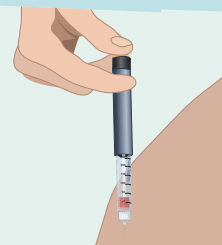
Wipe the skin with an alcohol swab and let the skin dry.

## 9



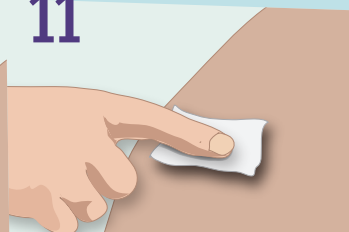
Put the needle fully through the skin at a 45 degree angle, depending on the skin depth

## 10



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

## 11



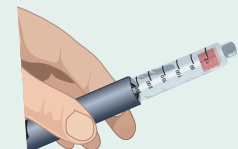
Remove the needle from the skin and apply pressure to the injection site for 10 seconds.

## 14

Drop it into the sharps container.



## 13



Remove needle from the pen.

## 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