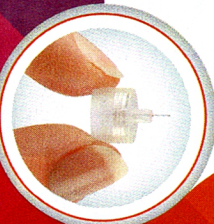


# Simple steps for injecting diabetes medication

## Step 1:

Attach a **new** pen needle to your medication pen.



## Step 2:

It's important to prime your medication pen to ensure the needle isn't blocked.\* Dial 2 units on your medication pen and hold it upright so the needle is at the top. Press the plunger until you see at least a drop of insulin at the tip of the needle.

**If you don't see a drop of insulin at the tip of the needle, repeat the priming process using a new pen needle.**

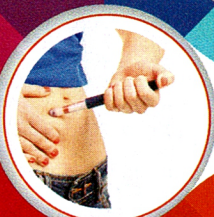
Next, dial your required medication dose.



## Step 3:

If using a 4mm or 5mm pen needle, insert needle straight into your skin at 90 degrees.\*

Press the plunger on your medication pen until all your medication is delivered.



## Step 4:

After you have injected your medication dose, retain pressure on the plunger and hold the needle in place for a **count of 10 seconds** to allow the medication to absorb, before removing the needle from your skin.



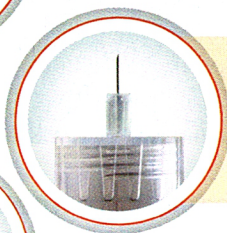
## Step 5:

Remove the needle from your pen device and dispose of it in a sharps collector. Do not store your medication pen with a needle attached to it.



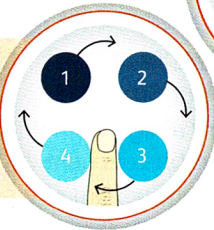
## Always use a new needle

to avoid developing lumps and bumps that can affect how your medication is absorbed. Using a new needle every time you inject can also help minimise pain.



## Remember ...

Inject at least one finger-width away from your last injection. A single injection site should not be used more than once every 4 weeks.



BD Pen Needles are compatible with all leading diabetes medication pen devices.†



\*Always follow the instructions from your medication pen manufacturer. \*Children or lean adults may require a skin lift. †At April 2018.

Always consult your Healthcare Professional regarding treatment of your Diabetes.

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