

Gestational Diabetes: Injecting Insulin with a Pen

When you have gestational diabetes, you may use an insulin pen to inject insulin.

First, get your supplies ready. You'll need your pen, needle, alcohol swab, and a sharps container.

Let's inject insulin with a pen now.

Step 1. Wash your hands with soap and clean, running water and dry them.

Step 2. Pull the outer cap of the pen off. Wipe the rubber seal at the top with alcohol.

Step 3. Take the paper tab off the needle and screw it onto the pen tightly. You'll notice that it is still in its protective cap.

Step 4. Remove the outer needle cap. Take off the inner needle cap.

Step 5. Dial the pen to your dose. Make sure the arrow is exactly lined up with the dose you're injecting.

Step 6. Push the needle in at a 90-degree angle and push the injection button firmly.

You may need to wait 5 to 10 seconds before pulling the pen out.

Step 7. Remove the needle and put it in a Sharps container. If you don't have a Sharps container, use a heavy plastic bottle with a tight lid. Write medical waste on the bottle.

Let's review.

Wash your hands with soap and clean, running water.

Pull the outer cap of the pen off. Then wipe the rubber seal with alcohol.

Take the protective paper tab off the needle.

Screw the needle onto the pen tightly.

Take off the outer and inner needle cap and dial your dose.

Push the needle in at a 90-degree angle and push the injection button firmly.

Remove the needle and put it in a Sharps container.

Try to use your pen in the same general area at about the same time each day but don't use the exact same injection site each time.

If you have questions about how to inject insulin with a pen, talk to your healthcare provider or diabetes educator for more information.