Step-by-Step: Insulin Pen Injection with Cloudy Insulin

Insulin Pen Injection with Cloudy Insulin. These instructions are for injecting cloudy insulin with an insulin pen.

Gather your insulin pen, a new needle and alcohol wipes. Wash your hands with soap and water. Dry them well.

Remove the cap from the insulin pen. Roll the pen in your hands 10 times, then raise and lower the pen 10 times.

Wipe the top of the insulin pen with the alcohol wipe. Remove the seal from the bottom of the needle.

Push the needle onto the insulin pen and turn gently until it is tight. Remove the larger outer cap and smaller inner cap from the needle.

Turn the dial to see two units on the pen. Hold the pen with the needle up. Push the plunger button.

Repeat dialing two units and pushing the plunger button until you see a drop of insulin at the tip of the needle.

Turn the dial to your correct insulin dose. You can inject insulin into your belly or thigh.

Pinch the skin gently at the injection site. Push the needle tip into the pinched skin.

Release your skin.

Push the plunger button all the way down. Hold the needle in the injection site for 10 seconds.

Remove the needle from your skin. Put the large outer cap back onto the needle.

Unscrew the needle from the pen.

Dispose of the used needle in your sharps container. Put the cover back on the pen.

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