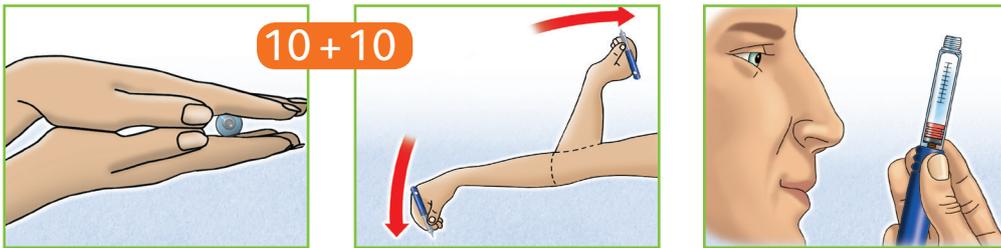


# Injecting your diabetes medication

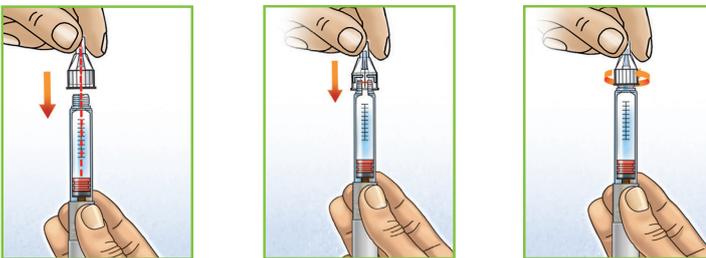
## STEP 1: Mix your medication (for NPH and insulin mix)^



Roll the pen between the palms of the hands and gently tip it over at least 20 times.

Visually check if there are any crystals left at the bottom of the cartridge.

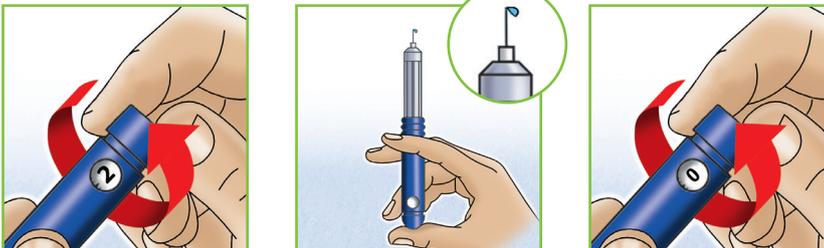
## STEP 2. Set up a new needle on your pen\*



Always screw the needle on straight.

Remove the outer cap, and remove the coloured inner cap.

## STEP 3. Prime the pen and dial up your dose\*



Before each injection, dial a minimum of two units and prime the pen with the needle pointing upwards. Repeat this step until a drop of medication appears on the tip of the needle to ensure the pen is working properly and is free of air bubbles. Then dial up your required dose.

^Always follow the instructions for use provided by the manufacturer of your diabetes medication.

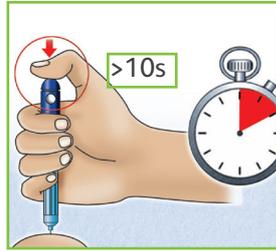
\*These are general recommendations.

# Injecting your diabetes medication

## STEP 4: Insert the needle, inject the dose and hold



Insert the needle into the injection area and push the plunger all the way to zero to give the dose.



To ensure the full dose is delivered, it is important to hold the needle under the skin for at least 10 seconds.

## STEP 5: Dispose of your pen needle



After each injection, the needle should be removed and disposed of in a sharps collector.

**1 injection = 1 new pen needle**



Always follow the instructions for use provided by the manufacturer of your diabetes medication. These are general recommendations.

Talk to your Healthcare Professional about which needle length is appropriate for you:

### Recommended needle length



**BD Micro-Fine™ Pen Needle**  
4mm x 32G (0.23mm)



**BD Micro-Fine™+ Pen Needle**  
5mm x 31G (0.25mm)

#### References:

1. Frid AH, Kreugel G, Grassi G et al. Mayo Clin Proc. September 2016;91(9):1231-1255. 2. Hirsch L, Gibney M, Berube J, Manocchio J. J Diabetes Sci Technol. 2012; 6(2): 328-335. 3. Aronson R, Gibney, Oza K. et al. Clin Ther. 2013; 35: 923-933.

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