

Instructions for Use of Insulin Pens

Flexpen[®], Kwikpen[®], SoloStar[®]

■ Which insulin pen(s) is/are prescribed for me?

- Toujeo[®]: insulin glargine
- NovoRapid[®]: insulin aspart
- Humalog[®] Mix 25 or 50: biphasic insulin lispro
- Soliqua[®]: insuline glargine + lixisenatide
- Levemir[®]: insulin detemir
- NovoMix[®] 30: biphasic insulin aspart

■ What do the insulin contents look like?

Toujeo[®], Levemir[®], NovoRapid[®], and Soliqua[®] are colorless, clear, aqueous solution. Biphasic insulin such like NovoMix[®] and Humalog[®] Mix have a white, cloudy appearance.

■ What is/are insulin pen(s) used for?

Diabetes is a disease where your body does not produce enough insulin to control the level of your blood sugar. The replacement insulin acts in the same way as naturally produced insulin, which can lower your blood sugar level.

■ How should I store my insulin pen(s)?

1. Keep new pens in the refrigerator between 2°C and 8°C (36°F and 46°F). Do **NOT** freeze.
2. After first use, keep your pen at room temperature below 30 °C (86°F). Protect your pen from direct heat and light.
3. Keep your insulin pens and needles out of the reach of children.

■ What are the possible side effects of insulin?

1. The most common side effect of any insulin is low blood sugar, which may be serious and life-threatening. Symptoms of serious low blood sugar may include sharking, sweating, fast heartbeat and blurred vision. Please refer to “Management of Low Blood Sugar” Patient Handout.
2. Other possible side effects may include swelling, weight gain, and injection site reactions. In rare cases, some allergic reactions may be life-threatening.

References:

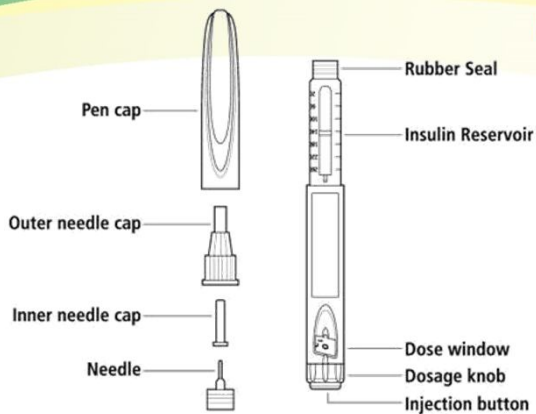
Package insert · Micromedex

- Contact number : (02) 2737-2181 EXT. 8130
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- PFS-7200-EN9030

This sheet is for your information; please follow your doctor's directions

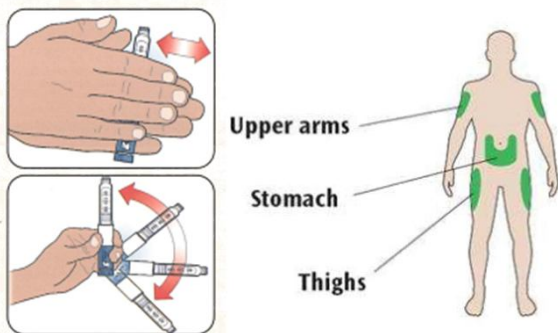


以病家為尊、以同仁為重、以北醫為榮



■ How to use insulin pen(s)?

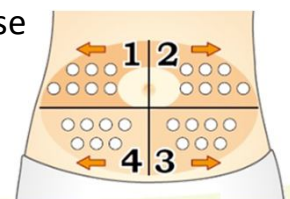
1. Before use, pull off the pen cap and check the liquid in the pen. Do not use the pen if the insulin does not look like what is described above.
2. If you are using one of the biphasic insulin, you must re-suspend the insulin by rolling the pen between your palms 10 times, then moving the pen up and down 10 times as shown in left.
3. Wipe the rubber seal with an alcohol swab. Peel off the protective seal of a new needle, screwing it onto the pen until fixed.
4. Pull off the outer needle cap and keep it for later. Pull off the inner needle cap and throw it away.
5. Select 2 units by turning the dose knob until the dose pointer is at the mark of 2. Press the injection button all the way in. If insulin comes out of the needle tip, your pen is working correctly. You may repeat this step up to 3 times; use a new pen if there is still no insulin coming out of the needle tip.



6. Turn the dose selector until the dose pointer lines up with your dose (you can turn back down if you turn past your dose), and clean the injection site with an alcohol swab.
7. Push the needle into your skin, and place your thumb on the injection button. Then press all the way in and hold until you see "0" in the dose window.
8. Slowly count to 5, then release the injection button and remove the needle from you skin. This will make sure you get the full dose.
9. Grip the widest part of the outer needle cap. Keep the needle straight and guide it into the outer needle cap, then push firmly on.
10. Grip and squeeze the widest part of the outer needle cap. Turn your pen several times with your other hand to remove the needle.
11. Throw away the used needle in a puncture-resistant container, and put the pen cap back.

■ Precaution

1. Do not reuse needles. Always use a new sterile needle for each injection. This helps stop blocked needles, contamination and infection.
2. Do not share your insulin pen with other people, even if the needle has been changed. You may give other people a serious infection, or get a serious infection from them.
3. Rotate your injection sites within the area you choose for each dose to reduce your risk of getting pits or thickening of the skin and lumps in the skin at the injection sites.



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