

Instructions for Use of Insulin Pens

FlexTouch®

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

- Tresiba®: insulin degludec
- Ryzodeg®: insulin aspart, insulin degludec

■ What do the insulin contents look like?

Both Tresiba® and Ryzodeg® are colorless, clear, aqueous solution.

■ 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 shaking, sweating, palpitations 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.

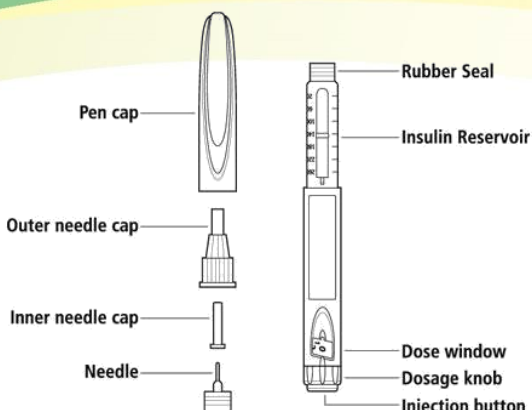
References:

Package insert 、 Micromedex

- Contact number : (02) 2737-2181 EXT. 8130
- Last updated by the Department of Pharmacy / 110.01, 111.10 修
- PFS-7200-9029_EN

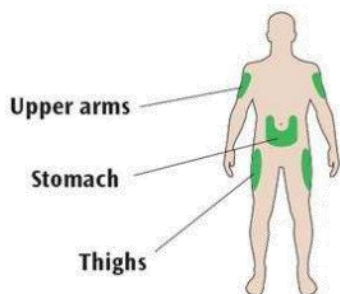
This sheet is for your information; please follow your doctor's directions





■ How to use insulin pen(s)?

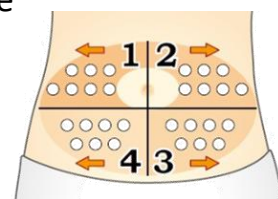
1. Before use, pull off the pen cap and check the liquid in the pen. Do **NOT** use the pen if the insulin looks cloudy, colored or contains particles.
2. Wipe the rubber seal with an alcohol swab. Peel off the protective seal of a new needle, and screw it onto the pen until fixed.
3. Pull off the outer needle cap and keep it for later. Pull off the inner needle cap and throw it away.
4. Select 2 units by turning the dose knob until the dose pointer is at the mark of 2. **Press and hold in** the dose button until "0" shows in the dose window and line up with the dose pointer. 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.



5. 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.
6. Make sure you can see the dose window before insert the needle into your skin. **Press and hold in** the dose button until "0" shows in the dose window and line up with the dose pointer.
7. 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.
8. 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.
9. Grip and squeeze the widest part of the outer needle cap. Turn your pen several times with your other hand to remove the needle.
10. 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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