

How to use your insulin pen

Diabetes and Endocrinology Patient Information Leaflet

Introduction

This leaflet is for people who have diabetes. It gives information on how to use your insulin pen.

How do I prepare for the injection?

Check that there is enough insulin in your cartridge for the injection.

For 'cloudy' long-acting mixed insulin, turn your pen up and down at least 10 times to make sure the cloudy insulin is mixed.

Note: do not allow the needle to touch anything but the skin where you will be injecting.

How do I give myself the injection?

The site where you intend to inject your insulin should be clean and dry. If you are using 8mm needles, you should lift the skin between the thumb and forefinger. This is not needed if you are using shorter needles.

Insert the needle at 90 degrees to the skin into the fatty tissue lying below so that the metal of the needle is no longer visible. Inject the insulin slowly, count to 10 and then withdraw the needle and dispose of it safely. Ask your GP about safe needle disposal.

If you are in any doubt at all about where, how and when to inject your insulin, you should contact your hospital doctor or nurse.

Where do I inject?

Knowing where to give your injection and how to rotate your injection positions (moving the site of injection around) will make your injections safer, more comfortable and more effective. Insulin should be injected into the subcutaneous tissue which is the fatty tissue under the skin. From here, it is absorbed into the bloodstream at a steady rate.

The main injection sites are the abdomen (stomach), thighs and buttocks. However, if you want your insulin dose to be absorbed quickly, use the stomach or buttock areas. It is best to stay within one of the above sites but vary the position within the site. If in any doubt, refer to the instruction sheet enclosed by the manufacturer in the container of the pen insulin cartridges.

Can I find out more?

You can find out more from:

Diabetes UK on 0345 123 2399

www.diabetes.org.uk

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Diabetes Team on 01384 244399 (9am to 5pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/diabetes-and-endocrinology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔