National Healthcare Group
Adding years of healthy life

Acknowledgements

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Reference

Association of Diabetes Educators Singapore (2018). Forum for injection technique Singapore FIT-SG: Recommendations for best practice in injection technique. https://ades.org.sg/assets/FITSG.pdf

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DM SCHOOL

Mixed Insulin Pen Injection

Instructions on Preparation for Injection and Storage

Step 1: Getting Ready

A Wash your hands after gathering requisites with soap and water, and dry thoroughly.

B Gather your supplies. Check the expiry date on the insulin pen.

> ! Discard the pen 4 to 6 weeks after opening, as per manufacturer's instructions. Label the expiry date when using a new pen.

C Roll the pen horizontally between your palms at least 10 times.

D Move the pen up and down gently 10 times as shown.

> ! Do not shake the pen.

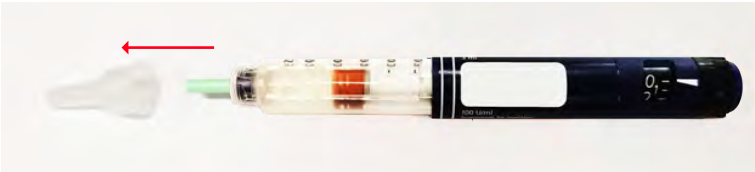
> If your cloudy insulin is insufficiently mixed, repeat Steps 1C and D again.

Step 2: Attach the Pen Needle

A

Use a new needle each time. Clean the rubber seal with alcohol swab and allow it to dry before inserting the needle. Peel off protective seal from the new needle. Screw the needle securely.

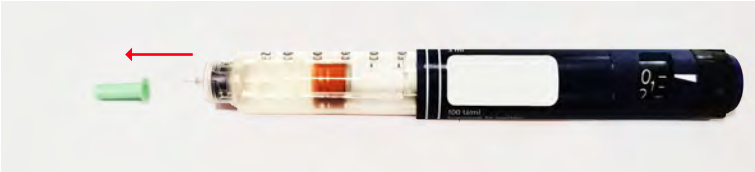
B



Remove outer cap.

> ! Do not throw the outer cap.

C



Remove and throw away the inner cap.

Step 3: Perform Safety Test

A Turn the dose selector to “2”.

B Hold the pen upright. Press the injection button until “0” appears at the dose window.

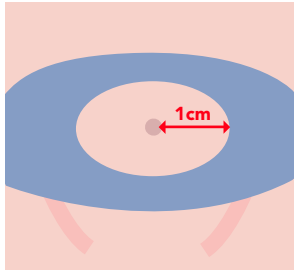
C A drop of insulin should appear at the needle tip. Otherwise, change the needle and repeat the step not more than 3 times. If no insulin appears, change to a new needle and repeat steps A to C.

! If no drop of insulin appears, the pen is defective, and a new pen must be used.

Step 4: Turn to Insulin Dose

A Turn the dose selector to the required dose. If you have overshot your dose, dial the opposite direction to get the correct dose.

Step 5: Where to Inject Insulin



A The most common site of injection is the abdomen.

Inject at least 2 finger width from belly button (1cm).

Each injection should be spaced 2 fingers apart from the previous site. You can inject in the blue area as shown in the diagram.

! Do not inject insulin at the same site repeatedly.

Step 6: How to Inject Insulin

A Insulin injection should be given into a clean site with soap and water if needed. Discuss with your healthcare team if you need to disinfect with an alcohol swab. If alcohol is used, the skin must be allowed to dry completely before the injection is given.

B Lift a skin fold (for lean patients). This is not needed when using 4mm or 5mm needles with normal or higher BMI.

C Hold the pen with the other hand as shown. Make sure you can see the dose window. Inject at 90-degree angle to the skin.
Push injection button until the dose window shows "0". Count to 10 before removing pen.

! Release skin fold upon removing pen.

D Apply gentle pressure over the injection site with a finger for 5 seconds. Apply pressure for a few more seconds if bleeding occurs. Do not massage.

Step 7: Remove The Used Needle immediately

A

Put back the outer needle cap, using the scooping method.

B

Unscrew the needle, and remove the needle as shown.

Step 8: Needle Disposal and Insulin Storage

A Throw used syringes into a home sharps box. Dispose the container it is 3/4 full with the lid securely fastened.

! Do not re-use needles.

B Keep opened insulin in a cool, dry area away from sunlight.
Unopened insulin must be kept in the fridge.