

Preloaded insulin pens

Diabetes and Endocrinology

Patient Information Leaflet

How do I use preloaded insulin pens?

Preloaded pens make insulin injections easy. To use them:

- First take the cap off the pen.
- If you have cloudy insulin, turn the pen up and down several times to ensure an even mixture.
- Screw the needle onto the end of the pen and remove the outer and inner needle cover.
- Set the dosage by turning the dial clockwise.
- Up to 80 units may be delivered as one dose, depending on the individual device.
- Remember to do an 'air shot' before the injection to remove air bubbles.
- Inject the insulin into your chosen injection site by pressing the push button fully down.
- Remove the needle after the injection and dispose of it safely. Ask your GP about safe needle disposal.

Helpful hints for preloaded pen users

If you are using cloudy insulin, you must ensure the insulin is evenly mixed. For this you need at least 12 units of insulin left in the pen. If there are fewer than 12 units, you will need to start a new pen.

When screwing on the needle, do not forget to hold the insulin barrel firmly to avoid turning the dialling mechanism.

Remember to do an 'air shot' before each injection. This removes any air bubbles from the needle and the insulin. Hold the pen upright and tap the insulin barrel lightly. Turn the barrel clockwise by two units and press the push button fully. A small drop of insulin should appear at the needle tip. If not, repeat this procedure until a drop of insulin appears.

When turning the dial you will hear a distinctive click for every one unit of insulin measured. If you have set a wrong dose, simply dial back (anti-clockwise) as far as you can until the push button is fully down. Start again. Remember to check that the push button is fully depressed before dialling the next dose.

The scale on the insulin barrel tells you approximately how much insulin you have left. Remember, when dialling a dose with a nearly empty pen, you cannot set a higher dose than you have left in the pen, so throw it away and use a new pen device.

Full instructions for use can be found inside every pack of preloaded pens. These should be read carefully before using your preloaded pen for the first time.

Can I find out more?

Diabetes UK

Tel: 0345 123 2399

Website: 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)

This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510

ਜੇਕਰ ਇਹ ਲੀਫਲੈਟ (ਛੋਟਾ ਇਸਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਲਿਖਾ ਕਰ ਕੇ ਪੋਸਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशेंट इनफ़ॉर्मेशन को-आरडीनेटर को टैलीफ़ोन नम्बर **0800 0730510** पर फ़ोन करें।

ਜੇ ਤੁਸੀਂ ਆਪਣੀ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਜਾਣਨਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਟੁਕਾ ਕਰਕੇ ਪੇਸ਼ੇਂਟ ਇੰਫੋਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

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حیث ضرورت اریغ لوک کوئی زبان (اردو) میں حاصل کرنے کے لیے برہم پائی ٹیلیفون نمبر **0800 0730510** پروفٹ انفورمیشن کو-آرڈینر (مریضوں کے لئے معلومات کی فراہمی کے سطح میں) کے ساتھ رابطہ کریں۔