

- Gather the supplies that you will need:
 - Insulin pen, insulin syringe, alcohol wipe
- Ensure that you are working in a clean area and wash your hands prior to working with the medication



- Check the label and ensure you have the right medication
- Check the date on the medication to ensure it is not expired, if you filled out the date opened sticker
 - Manufacturer recommends expiration date as 28 days from first puncture
- Ensure that the medication is not cloudy, there are no color changes, and there are no particulates floating in it

- Remove the pen cap and swab the (b) mesh top with the alcohol swab. Allow the alcohol to dry.
- Hold the syringe in your hand like a pencil with the needle pointed up
- (a) With the cap still on the syringe, pull back on the plunger to the line on the syringe for your dose
 - This fills the syringe with air
- Insert your needle into the (b) mesh top at about a (c) 45 degree angle with the bevel facing up towards you. Be careful as the needle can bend very easily.
- Inject the air into the insulin pen.
- Turn the pen upside down and withdraw the amount of medication needed



- If you have air bubbles in the syringe, while keeping the syringe tip in the medication bottle:
 - Tap the syringe with your finger to move the air bubbles to the top
 - Gently push on the plunger to expel the air from the syringe back into the vial
 - If there are still a large amount of bubbles in the syringe, push all the medication back into the vial and draw the medication back out again, slowly
- Remove the syringe from the vial
- If you do not plan on using the syringe immediately, put the cap back on the needle

