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
- Ensure that the medication is not cloudy, there are no color changes, and there are no particulates floating in it

Check the date on the medication to ensure it is not expired
- Manufacturer recommends expiration date as 28 days from first puncture

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

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