

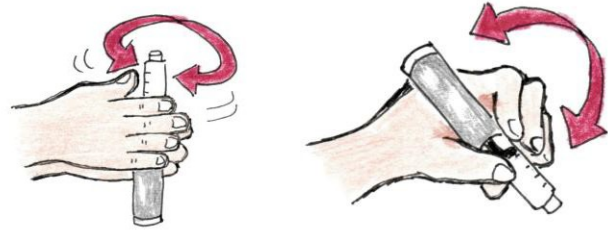
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Insulin Injection Guidelines

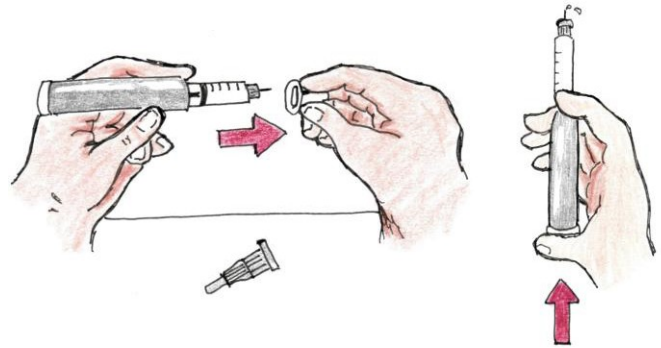
Step 1: Wash your hands.

Step 2: Mix your cloudy insulin by gently rolling it 10 times **and** tipping it (not shaking it) 10 times, for a total of 20 times. It should look milky white. You don't need to mix clear insulin.



Step 3: Put a new needle tip onto your insulin pen. Remove both of the caps from the needle and prime the needle. To prime the needle:

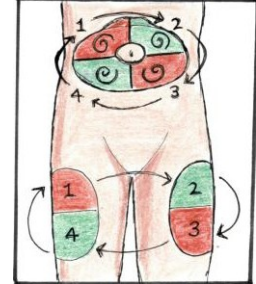
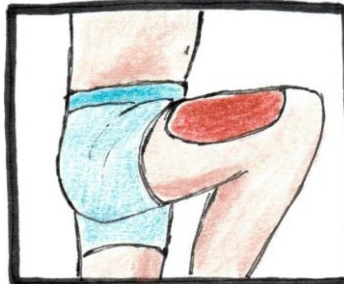
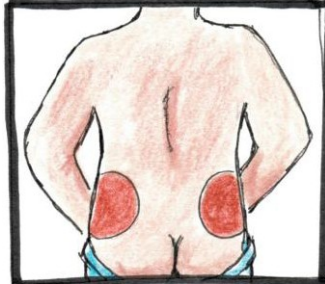
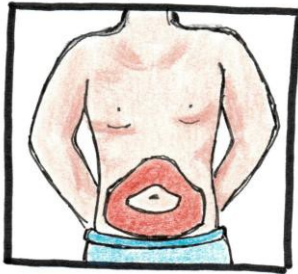
1. Dial the insulin pen to 2 units.
2. Point the needle up.
3. Press the thumb button.
4. Repeat until you see a flow of insulin at the needle tip.



Tip: Prime your needle **every time** you inject insulin.

Step 4: Choose where to inject your insulin, and make sure the area is clean. (You don't need alcohol to clean the injection site.) Your healthcare provider will suggest the best sites. Injecting insulin into your arm is **not** recommended.

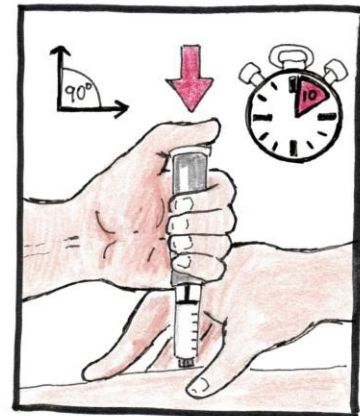
Tip: Change the side and area where you inject. This prevents bumps and lumps under your skin.



Step 5: Inject the insulin:

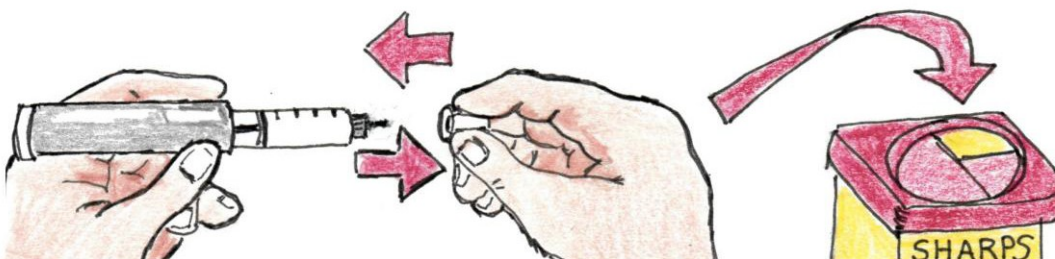
1. Insert the needle straight into the skin at a 90-degree angle.
2. Slowly push the thumb button all the way down until it stops.
3. Hold the needle in your skin and **slowly** count to 10. You may have to count longer (15 to 20) if your insulin dose is larger.

Tip: Before removing your insulin pen, look at the dose window and see if it went to 0. This tells you that you got the full dose.



Step 6: Remove the pen needle from your insulin pen after each use. Put it in a sharps container.

Tip: Use a new pen needle every time you inject insulin.



Where do I keep my insulin and insulin pen?

Unopened insulin should be stored in the fridge (2 °C to 8 °C). Check the expiry date before you use it.

Opened insulin can be stored at room temperature, but keep it away from direct sunlight and heat.

Most types of opened insulin can be used for 28 days, but Levemir® or Toujeo® can be used for 42 days. Tresiba® can be used for 56 days.

When should I throw out insulin?

Throw out insulin that:

- Has been in very hot temperatures (more than 30 °C) or frozen.
- Doesn't look right (strange colour or consistency).

Tip: Never leave your insulin in your car, camper, or on a window sill.

Why should I log my insulin dose and blood sugar results?

A logbook is an important tool for you to share information with your healthcare provider. By tracking your results, you can see patterns and learn how to adjust your insulin.

You can also ask your healthcare provider about logging your blood sugar results electronically.