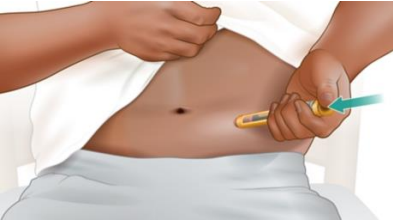

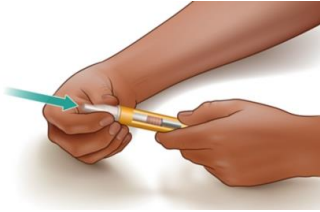





STEPS TO AN INJECTION – CLEAR INSULIN

	<p>1. Wash your hands & test your blood sugar level.</p>
	<p>2. Remove seal from the needle cap. Twist the needle onto the end of the insulin pen. Remove the 2 small plastic protective caps to reveal the needle.</p>
	<p>3. Dial up 2 units to prepare to prime your pen.</p>
	<p>4. Push the end of the pen until you see a squirt of insulin. If this is a new pen, you may need to prime multiple times to ensure insulin is flowing through the needle tip.</p>
	<p>5. Dial up your dose of insulin.</p>

	<p>6. Inject your insulin straight into your belly on a 90-degree angle. Make sure you can see the dose window when you inject and watch it dial back to “0”.</p>
	<p>7. Hold the needle in for 10 seconds to avoid leakage.</p>
	<p>8. Remove the needle from the belly and cover with the larger plastic cap. Change the needle tip with each injection.</p>
	<p>9. Never store your insulin pen tip with the needle tip left on.</p>
	<p>10. Put the needle in a sharps container for disposal.</p>
	<p>11. Place the pen back in its case.</p>