

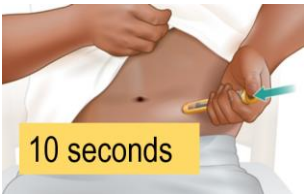








STEPS TO AN INJECTION – CLOUDY INSULIN

	<p>1. Wash your hands & test your blood sugar level.</p>
	<p>2. Remove the seal from the needle cap. Twist the needle tip onto the end of the insulin pen. Remove the 2 small plastic protective caps to reveal the needle.</p>
	<p>3. Mix the insulin by rolling 10x and tipping 10x. Ensure the insulin is a milky white consistency.</p>
	<p>4. Dial up 2 units to prepare to prime your pen.</p>
	<p>5. 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>6. Dial up your dose of insulin.</p>
	<p>7. 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>8. Hold the needle in for 10 seconds to avoid leakage.</p>
	<p>9. Remove the needle from the belly and cover with the larger plastic cap. Change the needle tip with each injection.</p>
	<p>10. Never store your insulin pen tip with the needle tip left on.</p>
	<p>11. Put the needle in a sharps container for disposal.</p>
	<p>12. Place the pen back in it's case.</p>