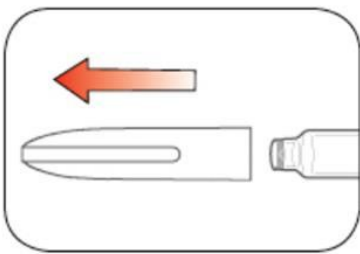
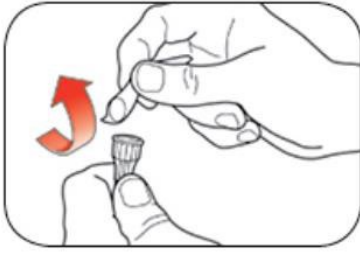
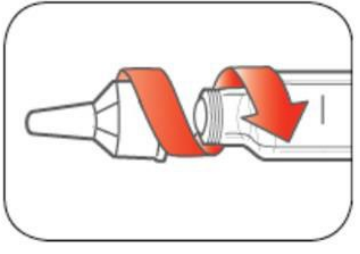


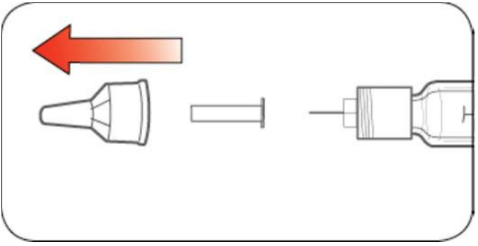
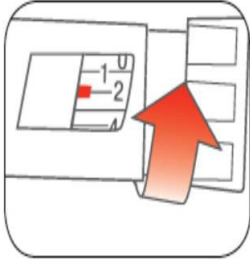
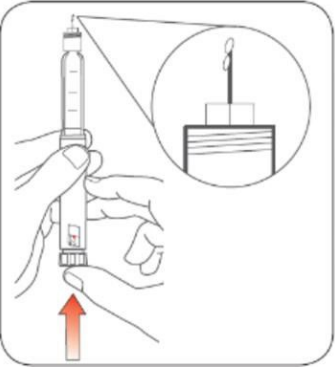
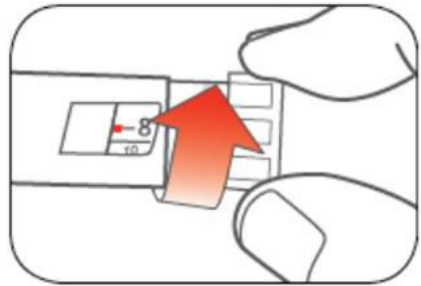
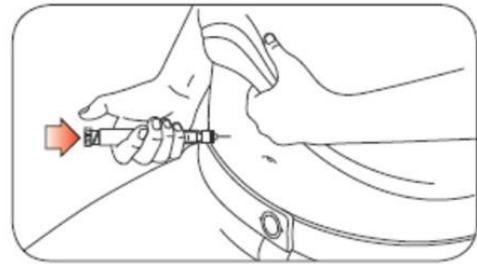
## Insulin injection technique using insulin pens

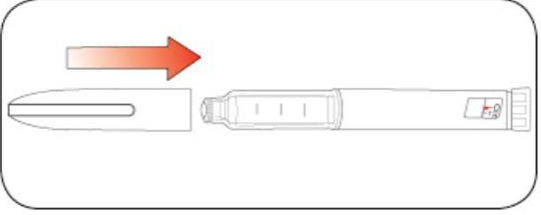
### Other formats

If you need this leaflet in another format such as Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- [rduh.pals@nhs.net](mailto:rduh.pals@nhs.net)

1		<p>Remove the cap from your insulin pen.</p> <p>Always remove the needle after giving an injection. If a needle is still in place take care not to injure yourself as you remove the cap.</p>
2		<p>Take a fresh needle and remove the seal.</p>
3		<p>Screw the new needle onto the end of the insulin pen.</p>

4		<p>Remove the large cap and the small needle cap.</p>
5		<p>Dial up a 2 unit "air shot".</p>
6		<p>Press the plunger while watching the needle. Check that you can see the insulin emerge from the needle.</p> <p>If you press firmly it may squirt. It is easier to see drops on the end of the needle if you press the plunger more slowly.</p>
7		<p>Now dial up the dose for your real injection. Always check the number of units in the dose window.</p> <p>On some pens, only the even numbers are printed on the dial and the odd numbers are shown as lines.</p>
8		<p>Insert the needle all the way, until the base of the needle is pushing against the skin.</p> <p>Push the insulin plunger all the way. Hold it in and count to 10 before removing the needle.</p> <p>Do not try to change the dose while injecting.</p>

9		<p>Remove the used needle and dispose of it safely in a sharps bin.</p> <p>Place the cap back on the pen.</p>
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## Remember

- Store unused insulin pens in your fridge. Do not freeze them. Avoid storing them in the back of your fridge as sometimes this can freeze
- Unused pens may be kept until their expiry date if they have been kept in the fridge
- Store the pen you are currently using at room temperature [below 30°C] and away from heat and light
- Throw away the pen you are using after 28 days, even if it still has insulin left in it
- Dispose of used needles in a puncture-resistant sharps bin.

## Obtaining advice about your diabetes

You can contact the Diabetes Specialist Nurses (DSNs) at your local hospital as below.

**Exeter** – Please call the hospital switchboard on 01392 411611 between 9am and 1pm. Please ask the automated service for the operator. When speaking with the operator, ask for the adult Diabetes Specialist Nurse on-call. You will then be transferred to a mobile number.

**Barnstaple** – Please call 01271 322726 between 9am and 5pm.

## Your notes

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## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- [rduh.pals@nhs.net](mailto:rduh.pals@nhs.net)

## Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

You can also share your feedback on the Care Opinion website at [www.careopinion.org.uk](http://www.careopinion.org.uk) or freephone 0800 122 3135.



Scan the QR code to visit the Care Opinion website →

Royal Devon University Healthcare NHS Foundation Trust  
[www.royaldevon.nhs.uk](http://www.royaldevon.nhs.uk)

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The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon sites or in community settings.

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