

1. Preparing insulin

1.1 Observe the expiry date on the tube and make sure that the insulin has not deteriorated, no color changing and no sediment.



1.2 Wash hands with soap and dry with clean cloth or paper towel.



1.3 Prepare 3 pieces of cotton (2 moistened with alcohol and 1 dry).



1.4 Wipe the insulin rubber stopper with alcohol moistened cotton, wait until the alcohol dries then insert a new needle. Insert the needle vertically to prevent insulin leaking and needles bending.



1.5 Mix the insulin before each use (for turbid insulin) by rolling the pen on hand horizontally and vertically 10 times each to make insulin disperse equally throughout the tube but do not shake the pen.



1.6 Displace air bubbles every time after changing the needle or insulin tube. To make sure that the tip is not clogged, dial 2 units of insulin then hold the pen vertically with the needle on top, tap the pen with your finger 3-4 times to make the bubbles float up.



Press the injection button until you see a drop of insulin comes out at the needle.

1.7 Set the amount of insulin as your doctor prescribes. If you make a mistake you can dial backwards. Do not adjust the insulin dose by yourself.

2. Injecting insulin

The best location to inject is about 1 inches away from the navel.

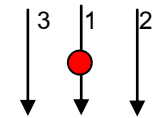
Each injection point should be 1 inch apart and insulin should not be injected repeatedly in the same location.



2.1 Clean the skin with alcohol moistened cotton, make sure it is already dry before the injection. You can do this in 2 ways :



- Spiral



- Wipe down vertically 3 times (not wipe back and forth)

2.2 For subcutaneous injection, either use your thumb and index finger to raise the skin up or you can pull the skin taut if there is enough fat under your skin.



2.3 Insert the needle perpendicular to the skin and push in all the way. Push the injection button slowly until it stops moving, then hold the pen still for 10 seconds and pull the needle out.



2.4 Pull the needle out using a dry cotton ball to press the injection area for a while. Do not massage the injection area.

3. How to store insulin and pens

3.1 Store insulin tube in normal refrigerators, do not store in the freezer or at the refrigerator's door.

3.2 Insulin tubes, once used, will last for 30 days.

3.3 Keep insulin tubes at room temperature; do not exceed 30°C. Do not expose insulin to direct sunlight.

3.4 For those who need to carry insulin pens, keep it in your shirt or pant pockets or put it in a handbag. Do not keep the pen in the car or expose it to heat.

4. Needle usage

4.1 Each needle can be used 3- 5 times, but it needs to be changed immediately if it touches your clothes or pin needle sheath.

4.2 Do not use the alcohol moistened cotton to wipe the needle tip because the coating at the end of the needle will be removed, then injections may become more painful and may cause infections.



5. How to dispose of the needle

5.1 Put on the cover then take the needle off.

5.2 Leave the needle in a hard, solid container with lid closed to prevent the needle from piercing through. Drop them at the location in the hospital.



Created by

Mrs. Piyanun Teparak

Prevention and health promotion Nursing Unit,
Out Patient Depent.

Consultants

Mrs. Yuwarat MOUNGGERM

Dr. Raweevan Lertwattanak

Dr. Pornpoj Pramyothin

Department of Medicine, Faculty of Medicine
Siriraj Hospital

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Using insulin pens



Inpatient Health Education Program
Nursing Department, Siriraj Hospital

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