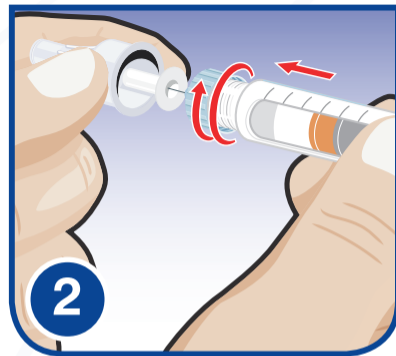


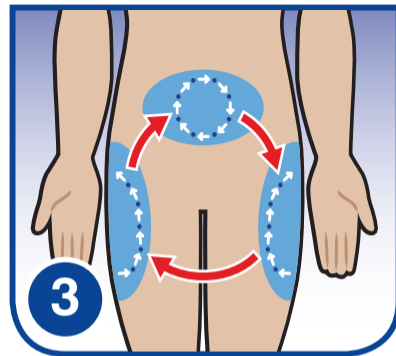
Good Injection Guide



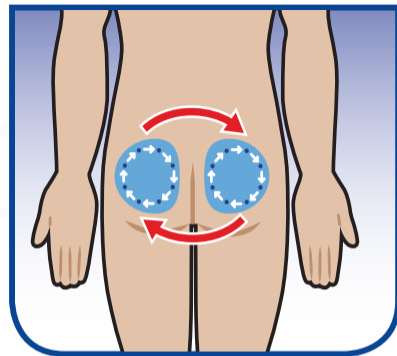
First wash your hands.

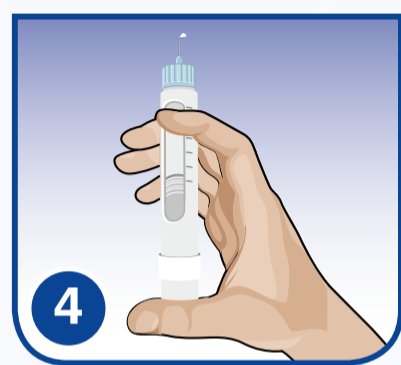


Attach the new needle onto the pen. Remove the outer and inner needle shield.

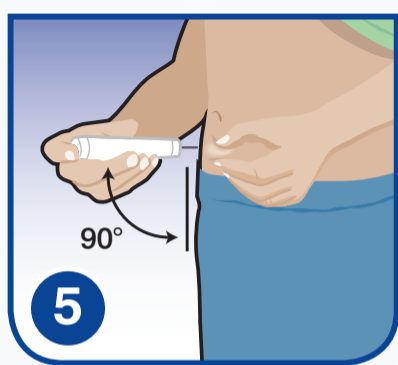


Make sure you rotate between injection sites.

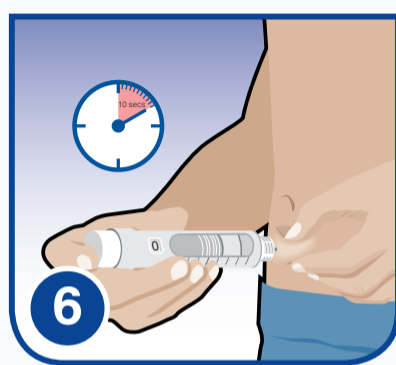




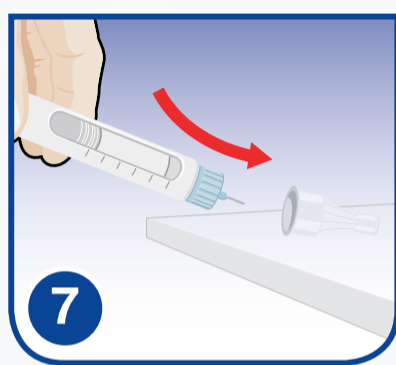
Prime your pen as recommended and dial the required dose.



Pinch your skin, if recommended and insert the needle at a 90° angle.



Push the button down completely. Keep the button pressed down, count slowly to 10 before removing.



Carefully replace the outer cap.



Dispose of the needle in a suitable sharps container.

This card is for educational purposes only. You should always follow the injection technique that your healthcare professional recommends. If you have any queries ask your Diabetes Nurse or Healthcare Professional for help.