

# How to inject insulin with an insulin pen

1. **Wash your hands** with soap and water
2. **Dry hands** with a tissue paper or hand towel
3. **Select the injection site** at your abdominal area
4. **Clean** the chosen site with water and tissue
5. **Wait** for the site to dry
6. **Lift up a skinfold** using your thumb and index finger
7. **Inject insulin at 90 degrees** perpendicular to the injection site
8. **Inject the dose** by pressing the push-button all the way in **until '0'**
9. **Keep the push-button down** fully for **at least 6 seconds** (to ensure the full dose has been injected) and as you withdraw the needle from your skin
10. **Place the outer needle cap on the table.** Direct the needle tip into the outer needle cap without holding onto it (to prevent finger stick injury). Unscrew and dispose the used needle after it is covered
11. **Store the insulin pen at room temperature** after injection, away from direct sunlight and heat

