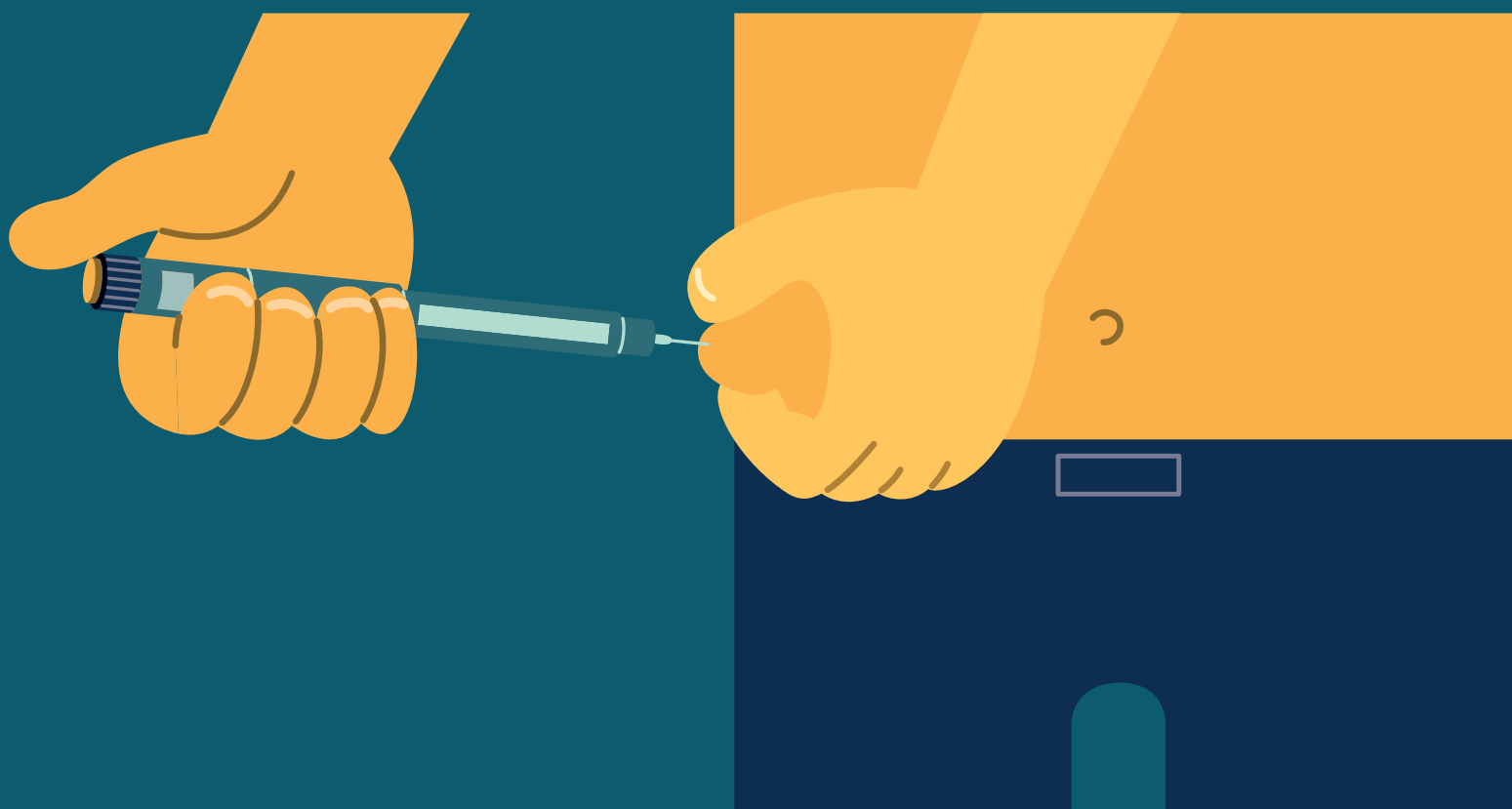


# LIVING with DM

## Technique for administering insulin with a pen



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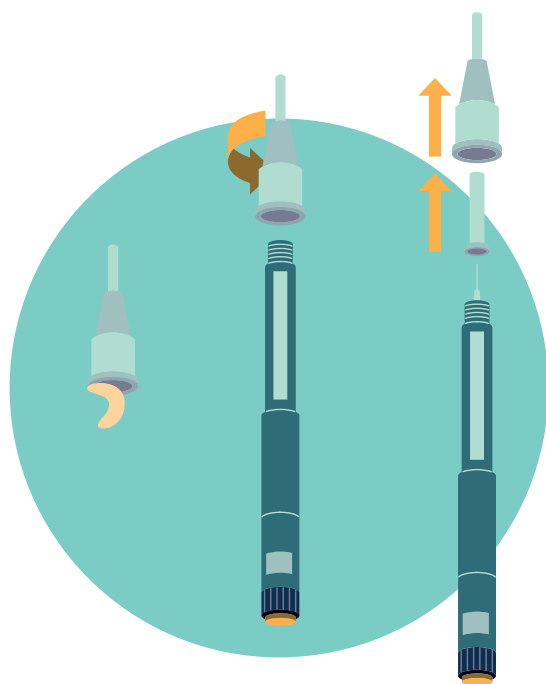
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# Considerations:

Insulin must be injected into subcutaneous tissue.

- ★ It must be kept cold (between 2 and 8°C), especially pens that are not in use, and protected from light (which is why the caps of the pens are opaque).
- ★ Before injecting insulin, it is best to let it get to room temperature, as it can be painful if administered when cold.
- ★ Insulin can be stored at room temperature outside the fridge for 28 days. After this time, it should be discarded.
- ★ The cap for the needles used for the injection is a standard size and fits all pens.
- ★ A new needle should be used for each injection.
- ★ The ideal needle length for everyone is less than 6 mm.

## Steps for using the insulin pen



1

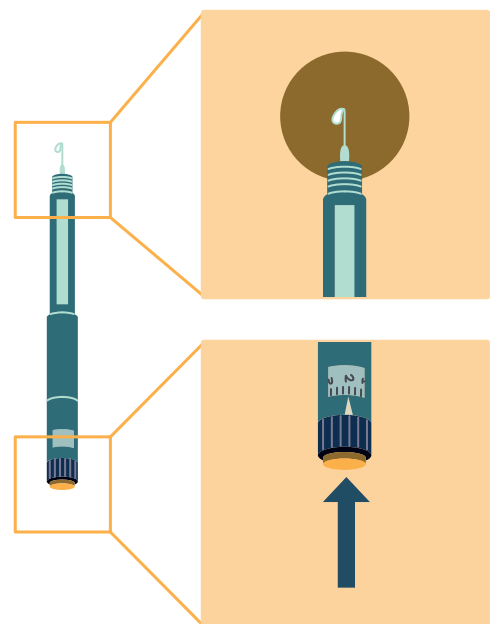
### Putting the needle in the pen

Before putting the needle into the pen, remove the protective cover.

Stick the needle into the pen and screw it on.

Then remove the protective cap (there are usually 2 of them; remove both). The large cap should be kept to remove the needle once the insulin has been administered.

2



### Priming the needle

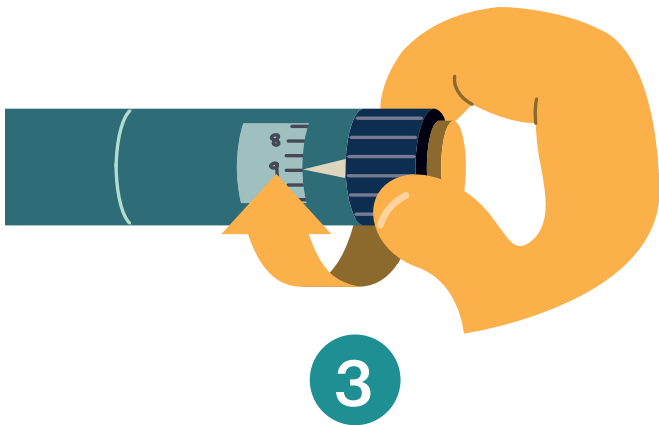
Prime the needle to ensure that it is permeable and insulin comes out, and also to remove any air from the needle. Generally, loading two units should be sufficient.

To load two units, turn the plunger until the mark coincides with the number 2.

Then place the pen in an upright position with the needle pointing upwards.

Press the plunger until the mark is at zero.

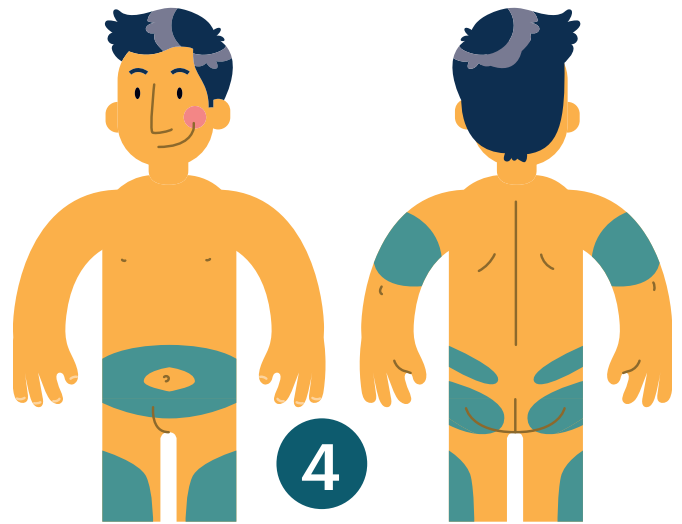
If no liquid comes out, the process must be repeated.



3

### Preparing the dose for injection

Turn the plunger of the pen until the desired dose number matches the mark on the pen.



4

### Choosing the injection site

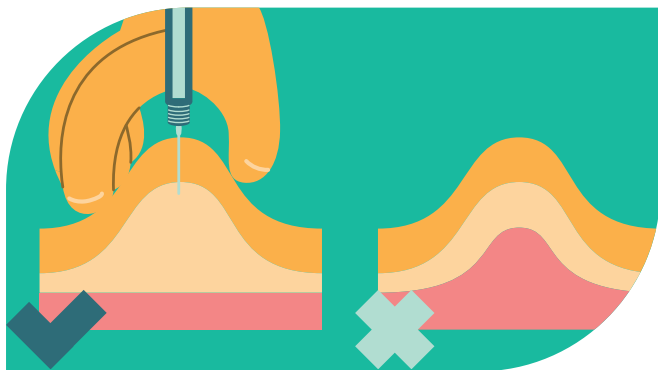
Insulin can be administered in the outer arms, abdomen, buttocks and the sides of both thighs.

It is essential to rotate injection sites to avoid lipodystrophy (lumps in subcutaneous fatty tissue).

5

### Pinching a skin fold

Although the needles are very short, it's best to create a skin fold before you inject to prevent the insulin from reaching the muscle. This is especially important for very slim people. Insertion should be perpendicular. With the index finger, middle finger and thumb, pinch the skin and the fatty tissue underneath without touching the muscle. Let go of the pinch before you remove the needle.



6

### Administering the dose

Once the needle has been inserted, press the plunger until the entire dose is administered and the plunger reaches zero. Wait 10 seconds before removing the needle from the body.

7

### Removing the needle from the pen

Remove the needle with the help of the cap that you kept aside at the beginning.

Put it back on the needle and turn it anticlockwise to unscrew it.

Then discard the needle in your household bin. To prevent accidents for waste handlers, keep a plastic container at home for the used needles and dispose of it in the rubbish bin when full.

