

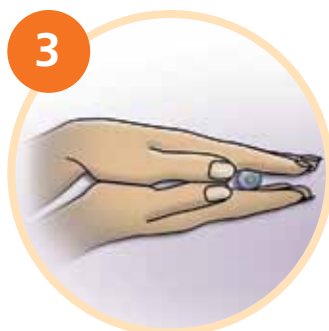
Drawing and injecting one insulin



1 Wash your hands.



2 Get supplies.



3 Roll bottle if needed.



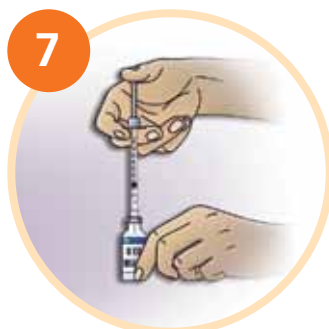
4 Wipe the top of the bottle with BD™ Alcohol Swab.



5 Pull plunger down to desired units.



6 Push needle into bottle.



7 Push plunger down.



8 Pull plunger down to desired units, filling syringe with insulin.



9 Remove air bubbles. Check to see if dose is correct.



10 Pick injection site. Wipe with BD™ Alcohol Swab. Pinch up skin and push needle into skin.



11 Push plunger in. Pull needle out of skin.

Preparing and injecting with a disposable pen



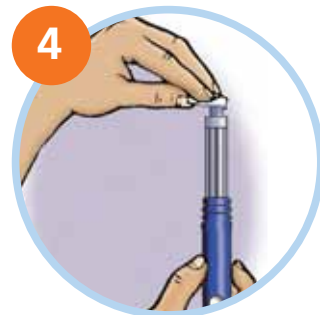
1 Wash your hands.



2 Get supplies.



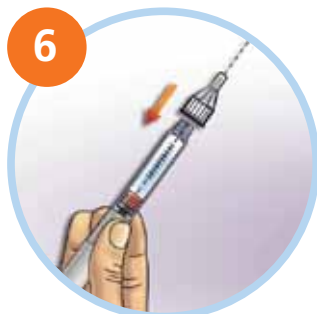
3 Remove the pen cap.



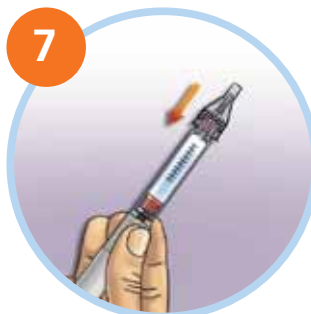
4 Wipe stopper with BD™ Alcohol Swab.



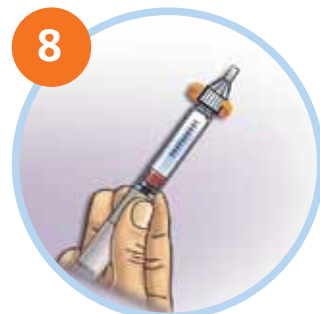
5 Take out new pen needle.



6 Position the needle along the axis of the pen.



7 Pierce the center of the cartridge.



8 Screw on the needle.



9 Pull off the outer and inner shield.



10 Follow the pen manufacturer's directions to prepare or prime your particular pen.

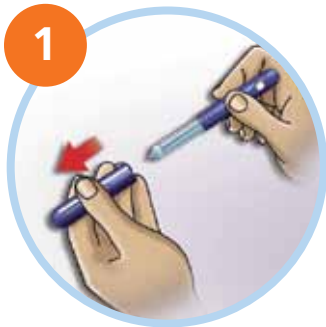


11 Wipe injection site with BD™ Alcohol Swab. Select insulin dose.



12 Perform the injection using the recommended technique.

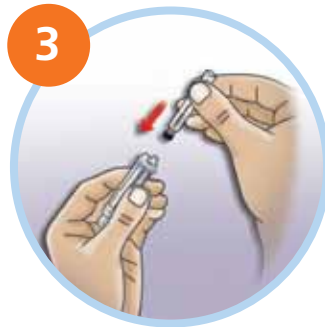
Preparing and injecting with a reusable pen



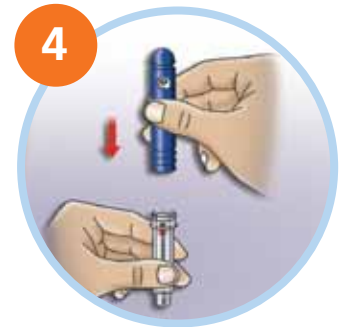
Remove the pen cap.



Remove the cartridge holder from the pen body.



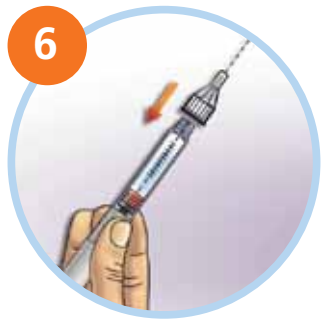
Insert the insulin cartridge into the cartridge holder.



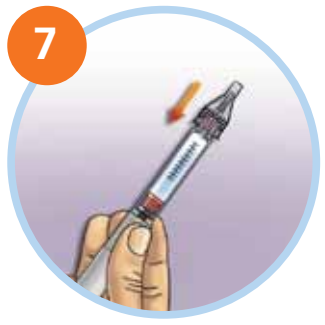
Reattach the holder to the pen body. Wipe stopper with BD™ Alcohol Swab.



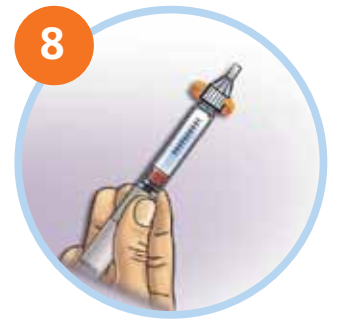
Take out new pen needle.



Position the needle along the axis of the pen.



Pierce the center of the cartridge.



Screw on the needle.



Pull off the outer and inner shield.



Follow the pen manufacturer's directions to prepare or prime your particular pen.

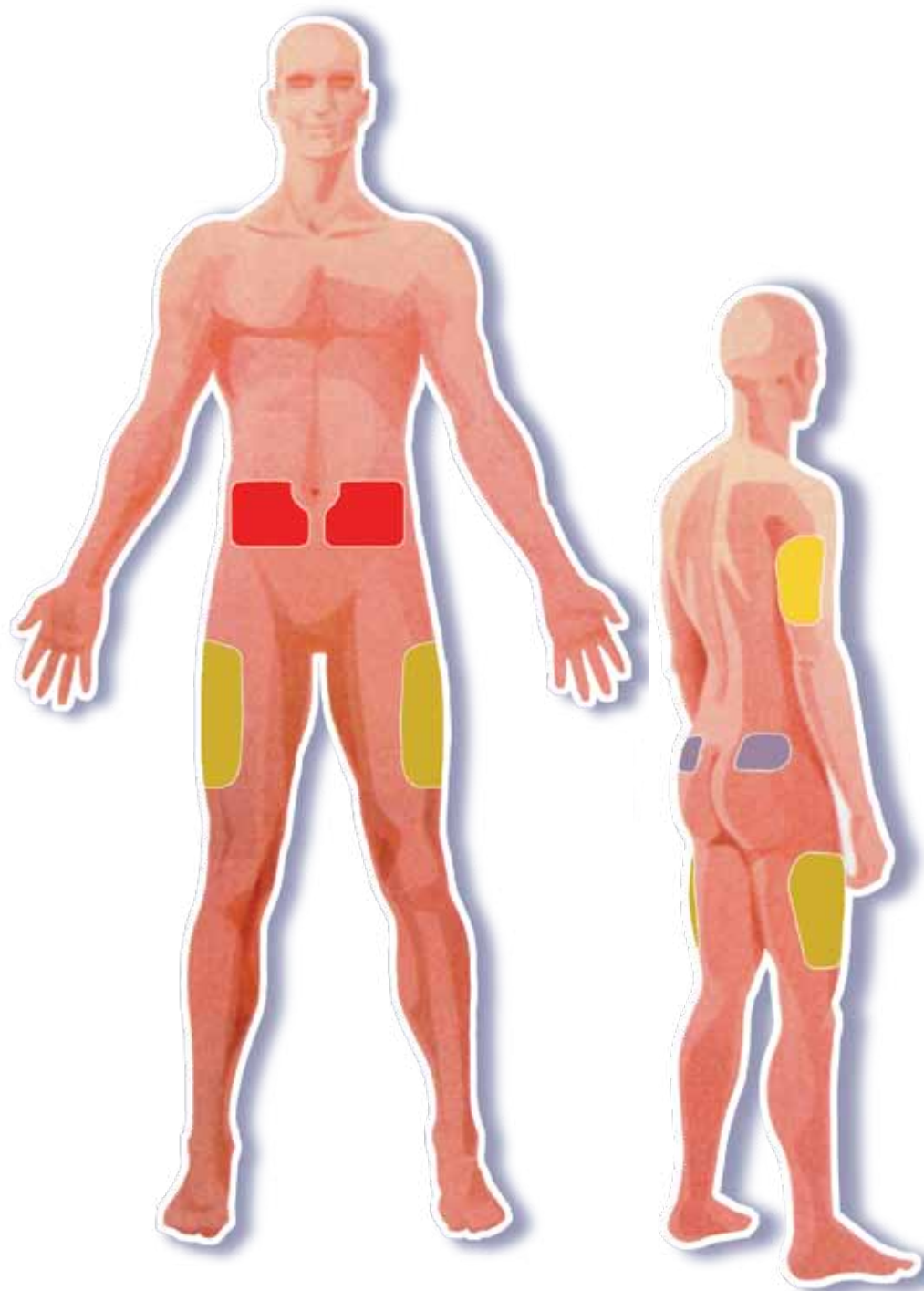


Wipe injection site with BD™ Alcohol Swab. Select insulin dose.



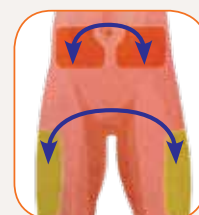
Perform the injection using the recommended technique.

Site selection and rotation

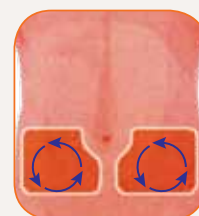


How to rotate sites:

Each new injection should be about a finger's width away from the last injection.



Change sides



Rotate within sites

Injection sites:



Upper Arm



Thigh



Abdomen



Buttocks