

Insulin pens are a convenient alternative for delivering insulin to using a vial and syringe. Pens are pre-filled and disposable when they are empty. Follow these steps to prepare your insulin pen for use.

Prepare the Insulin Pen

1. Roll the pen (Only necessary if pre-mixed or NPH)
2. Put on the pen needle. Remove outer and inner caps.
3. Dial the pen to 2 units. Do a 2 unit “air shot” or priming the pen (You may need to do it more than once if you do not see insulin come out.)
4. Dial the pen to the dose you need.

Inject the Insulin

1. Choose an injection site where you have fatty tissue such as the belly, top of the thigh, back of the arm, side of the hips or buttocks area. [Rotate the site](#) every time you inject.
2. Pinch up the fatty area and push the needle straight into the skin, all the way in at a 90-degree angle.
3. Press and hold the button with your thumb. Keep holding button for 5 seconds after the whole amount has gone in. Let go of the pinch.
4. Carefully take off the pen needle and put it in the sharps container. Replace the outer cap.

Recommended

[Drawing Insulin From a Vial](#)

[Rotating Injection Sites](#)

[Smart Insulin Pens](#)

[What is a Pump?](#)

[Benefits of Pumps](#)

[Glucose Monitoring Options](#)

Sources

[Insulin Pens - ADA](#)

[Pro Tips \(and Tricks\) for Easier and Better Insulin Injections — AADE](#)

[Injection Aids - ADA](#)

Reviewed by [Angelina Bernier, MD](#), 3/6/19

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.