

Injecting your diabetes medication

Follow these recommendations for a comfortable and effective injection.^{1,§ #}

STEP 1: Mix your medication (for NPH and insulin mix)^



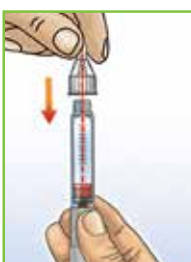
10 + 10



Roll the pen between the palms of the hands and gently tip it over at least 20 times.

Visually check if there are any crystals left at the bottom of the cartridge.

STEP 2. Set up a new needle on your pen*



Always screw the needle on straight.



Remove the outer cap, and remove the coloured inner cap.



STEP 3. Prime the pen and dial up your dose*



Before each injection, dial a minimum of two units and prime the pen with the needle pointing upwards. Repeat this step until a drop of medication appears on the tip of the needle to ensure the pen is working properly and is free of air bubbles. Then dial up your required dose.

^Always follow the instructions for use provided by the manufacturer of your diabetes medication.

*These are general recommendations.

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STEP 4: Insert the needle, inject the dose and hold



Insert the needle into the injection area and push the plunger all the way to zero to give the dose.



To ensure the full dose is delivered, it is important to hold the needle under the skin for at least 10 seconds.

STEP 5: Dispose of your pen needle



After each injection, the needle should be removed and disposed of in a sharps collector.



1 injection = 1 new pen needle

^Always follow the instructions for use provided by the manufacturer of your diabetes medication. These are general recommendations.

Talk to your Healthcare Professional about which needle length is appropriate for you:

Recommended needle length



BD Ultra-Fine™ Pen Needle
4mm x 32G (0.23mm)
NDSS Product Code: 101



BD Micro-Fine™+ Pen Needle
5mm x 31G (0.25mm)
NDSS Product Code: 97

The BD Ultra-Fine™ 4mm Pen Needle with EasyFlow™ Technology

- 5-bevel needle tip ensures a more gentle and comfortable injection experience^{2#}
- Less effort and time to inject for people with hand strength issues^{3,5#}
- BD's smallest, thinnest pen needle is suitable for most people with diabetes^{1,5#}

⁵ Compared to standard BD thin wall pen needles.
[#] Compared to standard BD 3-bevel pen needles.

References:

1. Frid AH, Kreugel G, Grassi G et al. Mayo Clin Proc. September 2016;91(9):1231-1255. 2. Hirsch L, Gibney M, Berube J, Manocchio J. J Diabetes Sci Technol. 2012; 6(2): 328-335. 3. Aronson R, Gibney, Oza K. et al. Clin Ther. 2013; 35: 923-933.

Becton Dickinson Pty Ltd, 4 Research Park Drive, North Ryde NSW 2113, Australia, Toll Free: 1800 656 100

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