

Using Your Bydureon Pen

Medicine: Exenatide (ex-EN-a-tide) extended-release

To see a video showing how to use the pen, visit www.fpanetwork.org/diabetes

Storing your pens

Store your pens in the refrigerator until you use them. You can keep a pen at room temperature for 28 days. After that, throw it away.

Get your pen ready:

1. Take out 1 pen and let it sit at room temperature for at least 15 minutes.
2. Wash and dry your hands.
3. Peel back the corner tab and remove the pen and needle.
4. Look at the pen window to make sure the liquid is clear and has no color or specks.
 - Do **not** use the pen if the liquid is not clear, has a color or specks in it.
 - It is normal to see air bubbles.
5. Peel the paper cover off of the pen needle. Screw the needle onto the pen by twisting until it is tight.

Mix the dose in the pen:

1. Hold the pen upright. Slowly turn the knob on the pen in the same direction as the arrows until you **can't see the green part and you hear a click**.

2. Hold onto the pen at the orange part and **tap the pen** firmly against the palm of your hand about **80 times** to mix the dose. **Stop every 10 taps** and turn the pen.
3. After mixing, check the window to see if the medicine is cloudy with no clumps. You can hold a piece of white paper on the other side of the window to help you see any clumps. If it is **not** mixed well, tap the pen some more.

Inject your dose (right after mixing):

1. Use an alcohol swab to clean your skin.
2. Hold the pen upright. Twist the knob on the pen in the direction of the arrows until you **can't see the orange part and the injection button pops out**.
3. Remove the needle cover by pulling it straight off. Do **not** twist the cover.
4. Insert the needle straight into your skin so that it reaches the fatty layer.
5. **Press the injection button until you hear a click. Hold for 10 seconds** to allow time for the medicine to get into your body.
6. Remove the needle from your skin and throw the pen away in a SHARPS container.

If you have questions about using your pen, please ask your pharmacist or doctor.

What to do with the syringe

Never place needles or syringes in the trash without them being in a sharps container. Use a sharps container that is specially made to safely store injection needles after they are used. You can buy a sharps container at your local pharmacy.

The website safeneedledisposal.org shows places to dispose of your sharps container.

In Minnesota, if you don't have a sharps container, you can put used sharps in a strong, plastic container. Make sure your container:

- Can hold objects without leaking, breaking, cracking or letting the sharps push through.
- Has a lid that seals tightly (You should also secure the lid with tape).
- Is labeled, "Do not recycle: Household Sharps" and placed into the garbage.