

# Using Your FlexPen

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*Novolog: Insulin aspart (IN-soo-lin AS-part)*

*Novolog Mix 70/30 (70% insulin aspart protamine and 30% insulin aspart)*

## Storing your pens

Store your pens in the refrigerator until you use them. You can keep a pen at room temperature for 14 days (Novolog Mix) or 28 days (Novolog). After that, throw away the pen even if it contains insulin.

## Get your pen ready to use:

1. Wash and dry your hands well.
2. Remove the pen cap.
3. **Novolog:** Look at the window to make sure the liquid is clear and has no color or specks. Do not use the pen if it is not clear, has a color or you can see specks in it. It is normal to see air bubbles.

**Novolog Mix:** Gently roll the pen ten times between your hands. Then gently move the pen up and down ten times so the glass ball moves from one end of the cartridge to the other (do not shake). Do this until your insulin looks white and cloudy with no clumps.

4. Wipe the rubber end of the pen with an alcohol swab.
5. Remove the seal from the new pen needle and screw it onto the end of the pen.
6. Remove the outer needle cap and set it aside. Remove the inner needle cap and throw it away.
7. Turn the knob on the pen to a dose of 2 units.

8. Hold the pen with the needle straight up. Tap the side of the pen to get rid of any air bubbles.
9. Push the injection button until you see 0 in the dose window. You should see a drop or stream of liquid at the end of the needle. This means your pen is ready to use.
10. Repeat steps 7 and 8 one or two more times if you need to, until you see a drop of insulin.

## Inject your dose:

1. Check the dose window to make sure it shows 0. Turn the knob on the end of the pen to find your dose. The pen will make a click for each unit of insulin. The largest dose the pen will allow is 80 units. If your dose is larger than this, you will need to do more than one injection.
2. Use an alcohol swab to clean your skin (remember to change injection sites).
3. Insert the needle straight into your skin so that it reaches the fatty layer.
4. Use your thumb to slowly press the button on the end of the pen all the way in. Hold it for 10 seconds to allow time for the insulin to get into your body.
5. Release the button and pull the needle out.
6. Put the outer needle cap on the end of the pen and unscrew the needle. Put the used needle into a SHARPS container.

7. Put the cap on the pen and store at room temperature, away from sunlight.

### **How to tell if the pen is empty**

**Novolog:** If the pen will not let you dial up your dose, it does not have enough insulin left.

**Novolog Mix:** Throw the pen away when there are less than 12 units of insulin left. You need at least 12 units to mix the insulin properly.

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