

Using Your FlexTouch Pen

Levemir: Insulin detemir (IN-soo-lin DE-te-mir)
Tresiba: Insulin degludec (IN-soo-lin De-GLOO-dek)

Storing your pens

Store your pens in the refrigerator until you use them. You can keep a pen at room temperature for 42 days (Levemir) or 56 days (Tresiba). After that, throw it away.

Get your pen ready:

1. Wash and dry your hands well.
2. Remove the pen cap.
3. Look at the window in the pen to make sure the insulin is clear and colorless. Do not use the pen if it is not clear and colorless.
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 dial up a dose of 2 units. Hold the pen with the needle pointing up. Gently tap the side of the pen to get rid of any air bubbles.
8. Push the injection button until you see 0 in the dose window. You should see a drop or stream of insulin at the end of the needle. This means the pen is ready to use.

9. 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.
2. The largest dose of insulin the pen will allow is 80 units (Levemir) or 160 units (Tresiba). If your dose is larger than this, you will need to do more than one injection.
3. Use an alcohol swab to clean your skin (remember to change injection sites).
4. Insert the needle straight into your skin so that it reaches the fatty layer.
5. Use your thumb to slowly press the button on the end of the pen all the way in. Hold it there for 10 seconds to allow time for the insulin to get into your body.
6. Release the button and pull the needle out.
7. Put the outer needle cap on the end of the pen, and unscrew the needle from the pen. Put the used needle into a SHARPS container.
8. Put the cap on the pen and store at room temperature, away from sunlight.

How to tell how much insulin is left

Turn the knob at the end of the pen until it stops.
The dose counter will show the number of units that are left in the pen.

Levemir: If it shows 80, you have at least 80 units.

Tresiba: If it shows 160, you have at least 160 units.

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