

Using Your SoloSTAR Pen

Apidra: insulin glulisine (IN-soo-lin Gloo-lis-een), Lantus or Toujeo: insulin glargine (IN-soo-lin GLAR-geen), Soliqua: insulin glargine/lirglutide (IN-soo-lin GLAR-geen/LIR-a-GLOO-tide)

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. (You can keep the Toujeo pen at room temperature for up to 42 days.)

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 liquid is clear and has no color or specks. Do not use the pen if it is not clear, has a color or specks.
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. Gently tap the side of the pen to get rid of 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 the pen is ready to use.

10. If you need to, repeat steps 7 to 9 until you see a drop of medicine.

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 medicine.
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. The dose window should show “0.”
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

If the pen will not let you dial up your dose, it does not have enough medicine left.

more on back

What to do with sharps

A sharps container is specially made to safely store injection needles and other sharp objects after they are used. You can buy a sharps container at your local pharmacy.

You can find a place to dispose of your sharps container at safeneedledisposal.org.

In Minnesota, if you don't have a sharps container, you can use a plastic laundry detergent bottle with a lid.

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.

Never place loose needles or syringes in the trash or recycling.

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