

# Using Your Trulicity Pen

*Medicine: Dulaglutide (Doo-la-GLOO-tide)*

To see a video showing how to use the pen, visit [www.fpanetwork.org/diabetes](http://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 14 days. After that, throw it away.

## Inject your dose:

1. Wash and dry your hands well.
2. Remove a pen from refrigerator. Look at the medicine window to make sure it is clear and has no color or specks in it.
3. Make sure the pen is locked. Then remove the base cap from the end of the pen and throw the cap away.
4. Hold the base of the pen flat against your skin where you want to inject the medicine.
5. Twist the lock ring to unlock the pen.
6. Press and hold the green button at the end of the pen. You will hear a click.
7. Hold the base of the pen against your skin for 5 to 10 seconds more until you hear a second click. You should be able to see the entire gray plunger in the window.
8. Throw the pen away in a sharps container.

## What to use in place of a sharps container

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.

If you **don't** have a sharps container, you can use a plastic laundry detergent bottle, coffee can or mason jar with a lid.

Your sharps container should:

- Seal tightly and stand up straight without tipping
- Hold objects without leaking, breaking, cracking or letting the sharps push through
- Be clearly labeled and easy to dispose (Call your garbage company to find out where you can discard a sharps container. **Don't** mix sharps containers with the rest of your trash.)

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