

Using Your Victoza Pen

Medicine: Liraglutide (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 30 days. After that, throw it away.

Get your pen ready (before first use only):

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 you can see specks in it.
 - It is normal to see air bubbles.
4. Remove the seal from the new pen needle and carefully screw it onto the end of the pen.
5. Remove the outer needle cap and set it aside. Remove the inner needle cap and throw it away.
6. Turn the knob on the pen until you see -- in the dose window.
7. Hold the pen with the needle pointing straight up. Gently tap the side of the pen to get rid of any air bubbles.

8. Push the injection button until you see 0mg in the dose window. You should see a drop of liquid at the end of the needle. This means your 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 medicine.

Inject your dose:

1. Wash and dry your hands well.
2. Remove the pen cap.
3. Look at the window to make sure the medicine is clear and has no color or specks.
 - Don't use the pen if it isn't clear or has a color, or you can see specks.
 - It's normal to see air bubbles.
4. Remove the seal from the new pen needle and screw it onto the end of the pen.
5. Remove the outer needle cap and set it aside. Remove the inner needle cap and throw it away.
6. Turn the knob away from you until you see the number for your dose in the window.
7. Use an alcohol swab to clean your skin (remember to change injection sites).

more on back

8. Insert the needle straight into your skin so that it reaches the fatty layer.
9. Use your thumb to slowly press the button on the end of the pen until you see 0mg. Hold it for 6 seconds to allow time for the medicine to get into your body.
10. Release the button and pull the needle out.
11. Put the needle cap on the end of the pen and unscrew the needle from the pen. Put the used needle into a **sharps** container.
12. Put the cap on the pen and store at room temperature, away from sunlight.

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.