

Using Your Bydureon BCise Pen

Medicine: exenatide (Ex-EN-a-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. Take a pen out of the refrigerator at least 15 minutes before you inject the dose. You can keep a pen at room temperature for up to 4 weeks. After that, throw it away.

Prepare your pen:

1. Wash and dry your hands well. Clean the area to inject with an alcohol wipe. The medicine can be injected to the belly (abdomen), thighs or upper arm.
2. Mix the medicine. Shake the pen up and down until it's mixed evenly. There should be **no** clumps of powder. Shake for at least 15 seconds.
3. Check the mixture. It should be cloudy white. If there are clumps or it's not mixed well, shake again for 15 seconds.
4. When it's mixed well, hold the pen with the orange cap up. Turn the bottom knob arrow from "lock" to "unlock."
5. Keep the orange cap straight up, and firmly twist off the orange cap (clockwise direction).

Inject your dose:

1. Place the end of the pen injector against your skin. You will hear a "click" when the injection (shot) begins.

2. Hold the injector in place against the skin for 15 seconds.
3. Check the window on the pen for the orange rod. This means you got the full dose of medicine.
 - If you **don't** see the orange rod, call AstraZeneca customer service (the phone number is on the medicine box), or your provider.

What to do with the syringe

Never place needles or syringes in the trash without them being in a sharps container. Use a sharps container that is specially made to safely store injection needles after they are used. You can buy a sharps container at your local pharmacy.

The website safeneedledisposal.org shows places to dispose of your sharps container.

In Minnesota, if you don't have a sharps container, you can put used sharps in a strong, plastic container. 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.

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