How to use FlexPen®

Is this the first time you are taking an injection? Ask your doctor or nurse about injection training.

Quick guide

Please see the Instructions for Use that came with your FlexPen® for complete instructions.

1. Check your pen
   • Check the name and coloured label of your pen to make sure that it contains the correct type of insulin.
   • Pull off the pen cap.

2. Attach a new needle
   • Remove the protective tab from a new needle.
   • Screw the needle straight and tightly onto your pen.
   • Pull off both needle caps. Keep the big outer needle cap.

3. Check the insulin flow
   • Turn the dose selector to select 2 units.
   • Press the push-button all the way in. The dose selector returns to 0. A drop of insulin should appear at the needle tip.

4. Select your dose
   • Check that the dose selector is set at 0.
   • Turn the dose selector to select the number of units you need to inject.
   • You can turn the dose selector up or down to adjust the dose.

5. Inject your dose
   • Insert the needle into your skin.
   • Press the push-button all the way in until 0 lines up with the pointer.
   • The needle must remain under the skin for at least 6 seconds. This will ensure that the full dose has been injected.

6. Remove the needle
   • Lead the needle into the big outer needle cap.
   • When the needle is covered carefully push the big outer needle cap completely on.
   • Unscrew the needle and dispose of it carefully.
   • Then put the pen cap back on.

Do not share your FlexPen® with other people. Sharing the pen can result in the spread of infections from one person to another even if the needle is changed.

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Injection sites

The main injection sites are the thighs, stomach, buttocks or backs of the upper arms. Ask your doctor or nurse which sites are recommended for you.

Injection technique

Insulin is injected under the skin in the subcutaneous tissue. How you should inject depends on your build and the length of the needle. You can see the different injection techniques below. Always make sure to use the injection technique and needle length recommended by your doctor or nurse.

- 4 mm needle
- 5 to 6 mm needle
- 8 mm needle

How to lift the skin
To make sure insulin is injected under the skin, it can be helpful to inject into a skin fold. Lift a fold of skin between your thumb and index fingers. Keep it raised for 5 to 10 seconds after injection and until you have removed the needle from the skin.