



Imperial College – How to inject yourself with insulin

Hello, and welcome to this Imperial College diabetes video.

If you have been advised to start insulin or an injectable therapy for your diabetes.

The following animation will take you through an easy-to-follow, step-by-step guide, providing you with all the advice you need on how to give your injection.

Remove the lid from the pen device and remove the paper cover from the base.

Take a new needle and remove the paper cover from the base.

Attach the needle to the pen device and turn clockwise, ensuring it is tightly screwed on until you reach resistance.

We recommend using a new needle for each injection.

If required, firmly shake the pen device six to ten times until it appears cloudy to make sure the insulin is well mixed.

Check with your healthcare professional if you are unsure.

Remove the large outer and small inner caps from the needle.

Before you inject, you need to check there is no air inside or any blockages.

To do this, start by dialling up two units from the dosage dial.

Then, while watching the tip of the needle, press the base of the pen and see if insulin is released.

If no insulin comes out of the needle, then repeat this two-unit test until insulin is released.

You are now ready to give your injection.

Dial up the dose as required and select your injection site.

The recommended sites to use are either side of the abdomen, the upper, outer quadrant of your buttocks, and the outer edge of your upper thighs.

Place the needle directly into the skin, holding the pen at a 90-degree angle.

Do not inject through clothing and remember to regularly change the injection site used.

With the tip of the needle under the skin, gently press the end of the pen until the dose dial returns to zero or indicates that the drug has been delivered.



Once delivered, hold the needle under the skin for a minimum of ten seconds before removing completely from your skin.

This ensures that the full dose is delivered and avoids leakage of the drug.

Once the injection has been given, take the large safety cap and place it firmly on top of the used needle on the pen device.

Twist the cap anti-clockwise until the needle is completely removed and dispose of the used needle in a safe sharps bin.

We recommend that the pen device in current use is stored at room temperature for up to one month, or until empty.

Any pen stored for more than one month at room temperature should be discarded right away.

Also, keep the pen device away from direct sunlight and any heat sources.

The pens that have yet to be used must be stored in the fridge until needed.

Never allow the drug to freeze. Check the manufacturer's recommendations for storage for more information.

We hope you found this video useful, and now feel able and confident to do your injections.

If you need any further advice or support, then please contact your diabetes team.

