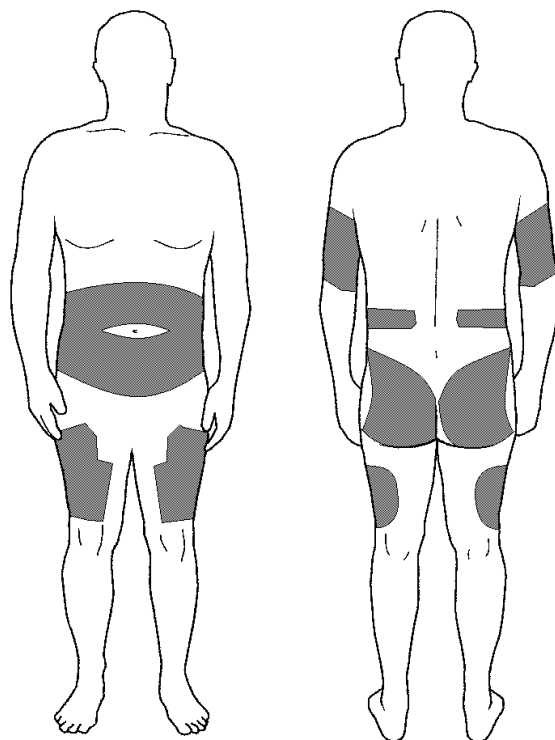


# How to Use an Insulin Pen

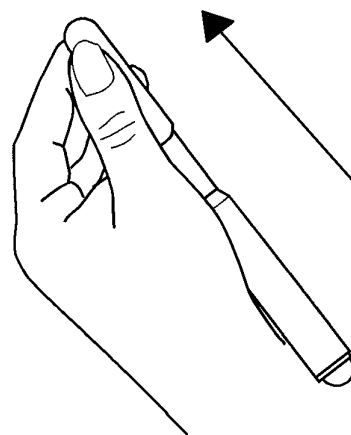
## Select the Site for Injection

- Sites which can be used are:
  - Back of upper arms
  - Abdomen (around navel)
  - Front and side area of thighs
  - Back above waist
  - Buttocks
- Stay 1 inch away from previous injections.
- Stay 2 inches away from your navel or scars.
- Do **not** use sites that are bruised, tender or swollen.



## Giving Your Insulin

1. Clean the skin with an alcohol pad. Let the alcohol air dry.
2. Take the cover off the pen. You can see the insulin in the pen.
3. If you are using a cloudy insulin, gently roll the pen between your hands to mix the insulin.

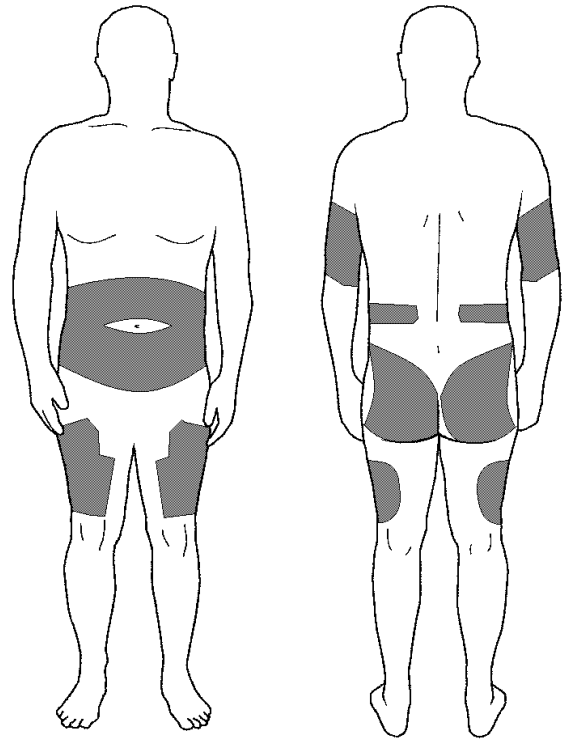


# 如何使用筆式胰島素注射器

## 選擇注射部位

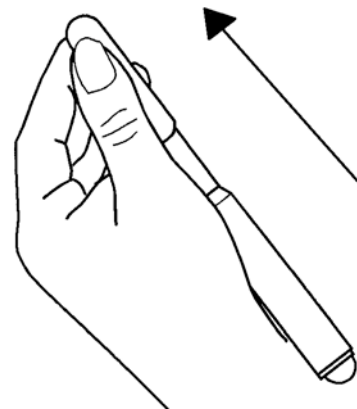
可用於注射的部位是:

- 上臂背部
  - 腹部(肚臍週圍)
  - 大腿前部和側部
  - 腰以上後背部
  - 臀部
- 要離前一次注射部位 1 寸(2.5 公分)之遠。
- 要離您的肚臍或疤痕處 2 寸(5 公分)之遠。
- 不要用在有擦傷、觸痛或腫脹的部位。



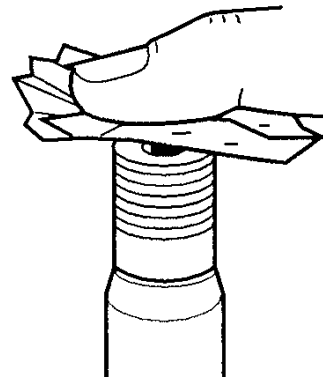
## 注射胰島素

1. 用酒精墊清潔皮膚。  
讓酒精空氣乾燥。
2. 除下注射筆套。  
您能看見筆中的胰島素。
3. 如果您使用濁狀胰島素，  
請將注射筆在您的兩手之間輕輕轉動以  
混合胰島素。



How to use Insulin Pen. Traditional Chinese.

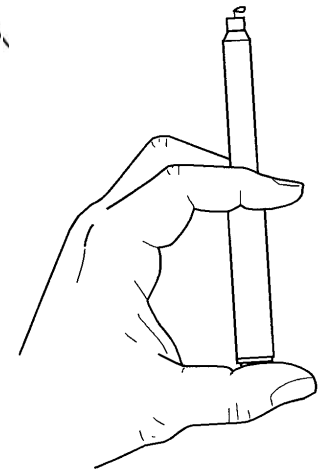
4. Use alcohol to clean the end of the pen where the needle twists on.



5. Peel back the cover on the needle. Screw the needle onto the pen. It should be snug but not too tight.

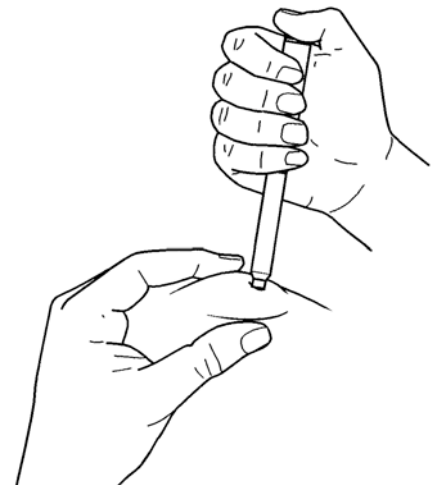


6. To clear the air out of the pen:
  - Remove the cap from the needle.
  - Turn the dose dial to 2 units.
  - Hold the pen so the needle is up in the air.
  - Push the end of the pen in to clear the air.
  - Watch the tip of the needle for a drop of insulin. You may need to repeat this step until you see the drop on the needle.

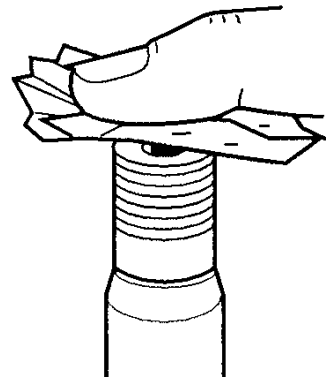


7. To set your dose of insulin, turn the dial clockwise until you see the number for your insulin dose.

8. Pinch and hold the skin of the site with one hand.
9. Put the needle straight into the skin in a quick motion. The needle should be all the way into your skin.
10. Using your thumb, push the end of the pen down slowly until all the insulin is in. Make sure the needle is all the way in the skin before pushing in the insulin.



4. 用酒精清潔筆底部，  
將在此處擰上注射針。

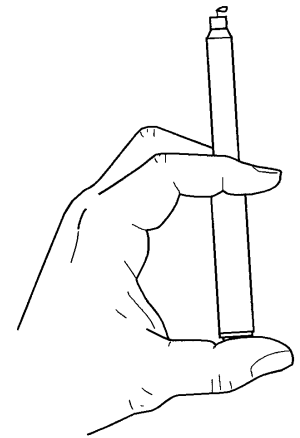


5. 揭去注射針的封皮。  
將注射針擰到筆上，  
應該擰得貼合而不是太緊。

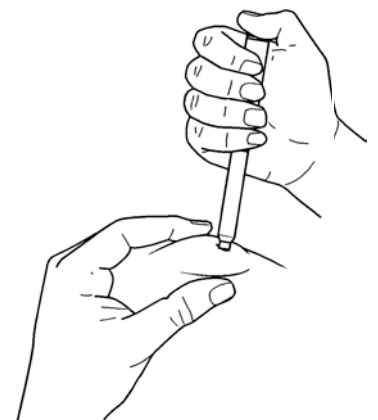
6. 將注射筆中的空氣排掉：
  - 除去注射針上的筆帽。
  - 將劑量刻度盤轉到 2 個單位。
  - 持筆使注射針朝上。
  - 推注射筆底部以排掉空氣。
  - 注意針尖冒出的第一滴胰島素。您可能需要重複這一步驟  
直至您看到針尖的藥滴。



7. 要設定您的胰島素劑量，  
請將刻度盤順時針轉到  
看見您的胰島素劑量的數目  
為止。



8. 用一隻手捏住皮膚注射部位。
9. 快速將針直插入皮膚。  
注射針應當全部進入您的皮膚。
10. 用您的拇指朝下慢推筆  
的頂端，直到注入所有胰島素為止。  
請確定注射針已全部插入皮膚  
再開始推入胰島素。



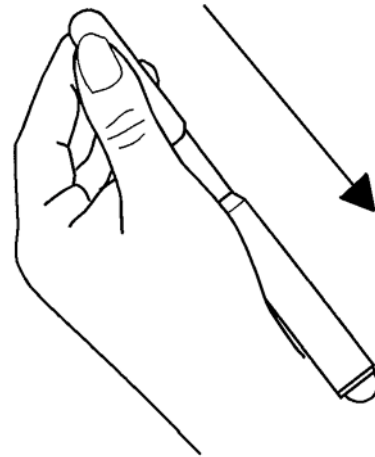
How to use Insulin Pen. Traditional Chinese.

11. Let go of the pinch of skin.

12. Pull the needle out. Hold your finger over the site for a minute.

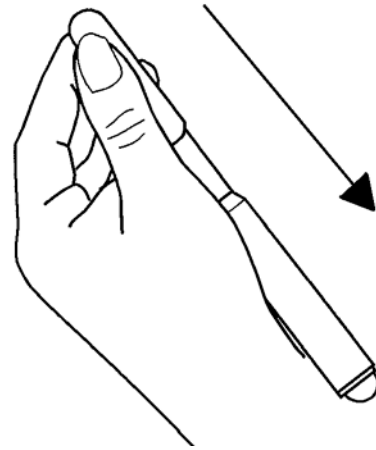
13. Remove the needle from the pen. Throw it into your needle disposal container.

14. Put the cover back on your insulin pen.



**Talk to your doctor or nurse if you have any questions or concerns.**

11. 將捏住的皮膚松開。
12. 拔出注射針。將手指捂住注射部位一分鐘。
13. 將針從注射筆上取下。  
將它丟進您的注射針處理容器。
14. 將胰島素注射筆的筆套戴回。



如果您有任何疑問或關注事項，請告知您的醫生或護士。

How to use Insulin Pen. Traditional Chinese.

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