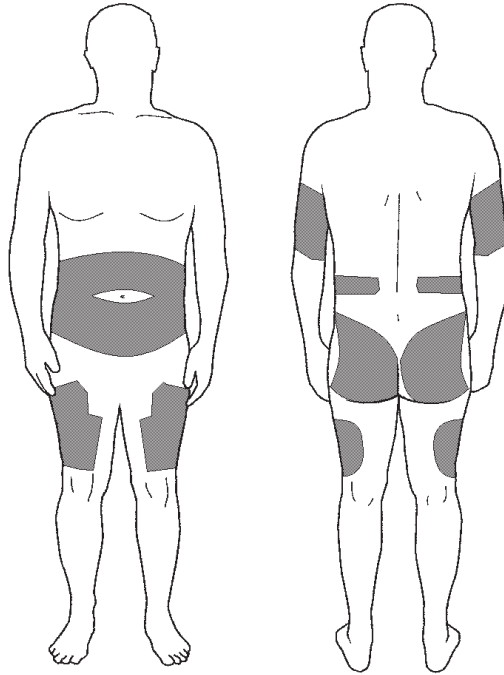


如何使用胰岛素笔

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.

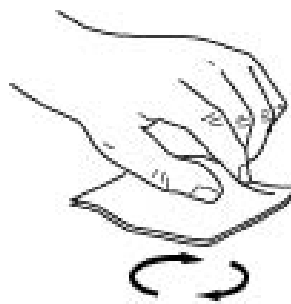


选择注射部位

- 可注射部位包括：
- 上臂背面
- 腹部（肚脐周围）
- 大腿正面和侧面区域
- 后背腰部上方
- 臀部
- 与以前注射点相隔 1 英寸。
- 与肚脐或伤疤处相隔 2 英寸。
- **请勿**使用擦伤、触痛或肿胀部位。

Giving Your Insulin

1. Clean the skin with an alcohol pad. Let the alcohol air dry.



1. 用酒精棉片清洁皮肤。让酒精风干。

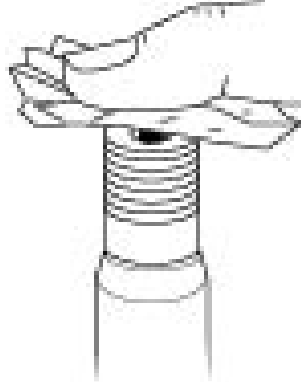
2. Take the cover off the pen. You can see the insulin in the pen.



2. 从笔上取下笔帽。您可以看到笔中的胰岛素。

3. If you are using a cloudy insulin, gently roll the pen between your hands to mix the insulin.
4. Use alcohol to clean the end of the pen where the needle twists on.

3. 如果您使用的是浑浊状胰岛素，则在双手之间慢慢滚动笔以混合胰岛素。
4. 使用酒精清洁笔末端，此处用于拧上针头。



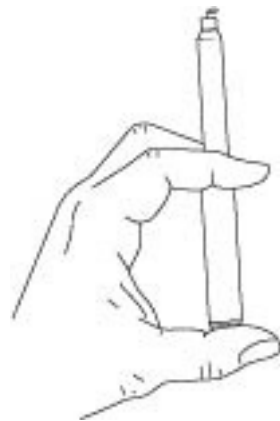
5. Peel back the cover on the needle. Screw the needle onto the pen. It should be snug but not too tight.

5. 剥下针头上的封套。将针头拧到笔上，应接合但不宜过紧。



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 pointing up.
 - Push the end of the pen in to clear the air out of the pen.
 - 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.

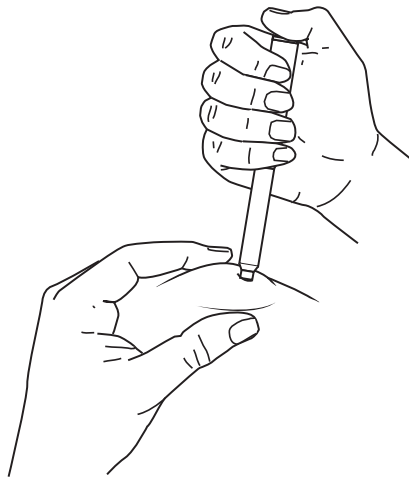
6. 若要清除笔中的空气：
 - 取下针头上的封套。
 - 将剂量标度盘转至 2 个单位。
 - 持笔，针头朝上。
 - 推入笔末端以排出笔中的空气。
 - 观察针尖上是否流出一滴胰岛素。您可能需要重复此步骤，直到看到针尖上出现胰岛素液滴。



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

7. 若要设置胰岛素剂量，需顺时针转动标度盘，直到您看到所需胰岛素剂量的数字。

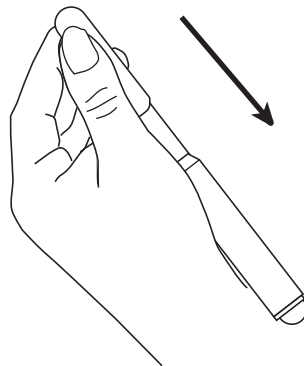
8. Pinch and hold the skin of the site with one hand.
9. Put the needle straight into the skin in a quick motion. The needle should be all the way into your skin.
10. Using your thumb, push the end of the pen down slowly until your dose of insulin is in. Hold the needle in for 10 seconds.



8. 用一只手捏住注射部位的皮肤。
9. 将针头快速直插入皮肤。针头应完全插入皮肤中。
10. 用拇指缓慢推下笔末端，直到胰岛素剂量都已注入为止。使针头保持插入状态 10 秒钟。

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.
13. Put the cover back on your insulin pen.

11. 松开捏住的皮肤。
12. 将针头拔出，将指头放在注射部位上按压一分钟。从笔上拆下针头，然后将其丢入针头处置容器。
13. 将笔帽放回到胰岛素笔上。



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

如果您有任何疑问或担忧，请告知您的医生或护士。