

Living Well with Diabetes

How to use your prefilled Humulin® KwikPen™

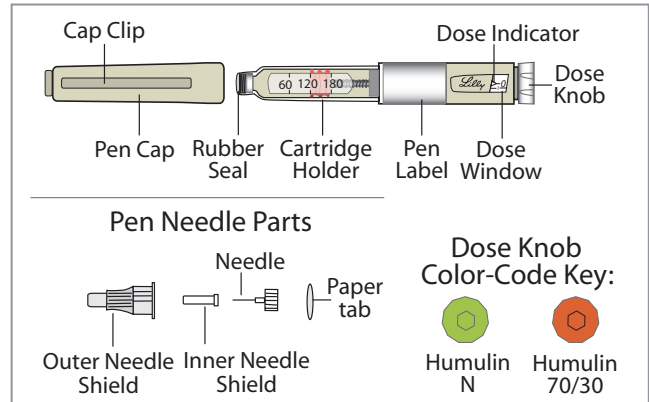
Follow these steps for every shot

Prepare your KwikPen

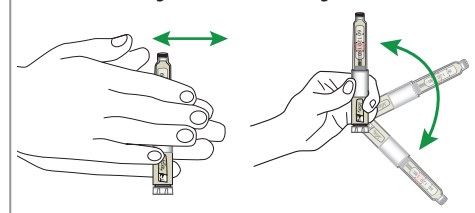
Wash your hands with soap and warm water, or use a hand sanitizer. Remove the Pen cap by pulling it straight off. Do not twist it off. Check the insulin for:

- **Correct type of insulin**
- **Expiration date**
- **Color of insulin.** Insulin is either cloudy or clear. Check with your pharmacist or doctor about the correct color of insulin.

For cloudy insulin only: roll the Pen between your palms 10 times and invert the Pen 10 times until the insulin looks evenly mixed.

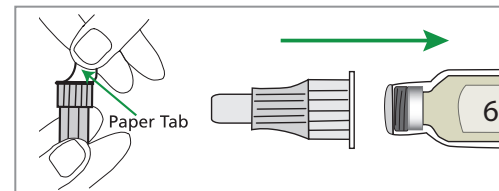


For cloudy insulin only



Prepare the needle

Use a new needle for every shot. Remove the paper tab from the outer needle shield. Screw the capped needle on to the Pen, turning it clockwise until it's tight.

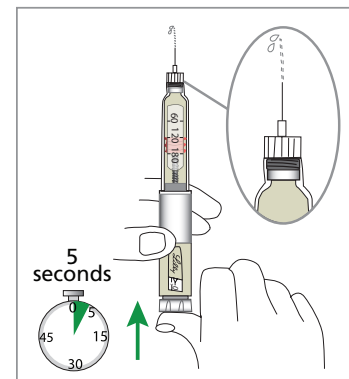
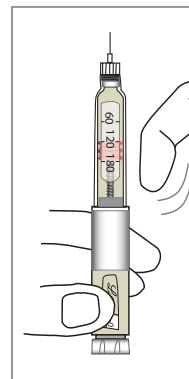
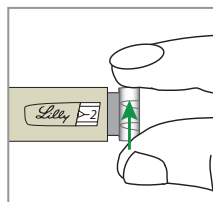


Pull off the outer needle shield and save it for later when taking the needle off the Pen after your shot. Remove the inner needle shield and throw it away.

Prime your KwikPen

It's important to prime your Pen before each shot to make sure you don't get too much or too little insulin.

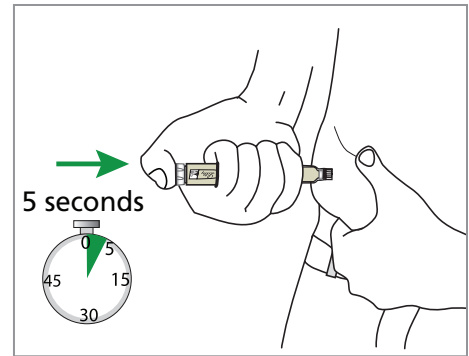
1. Dial 2 units by turning the dose knob.
2. Hold the Pen with the needle pointing up. Tap the cartridge holder to gently move air bubbles to the top.
3. With the needle still pointing straight up, push the dose knob up until it stops and you see 0 in the dose window. Hold the dose knob in and count to 5 slowly.



While pushing the dose knob in, you should see a stream of insulin come out of the tip of the needle. If you only see a few drops, your Pen isn't primed. Repeat steps 1 through 3. Your Pen is primed and ready to use only when a stream of insulin is released during step 3.

Take your shot

1. Turn the dose knob to the number of units you need to inject.
Ask your doctor or nurse for the correct number of units.
The even numbers are printed on the dose window. The odd numbers are shown as full lines.
2. Insert the needle into your skin. Put your thumb on the dose knob and push it until it stops. Hold the dose knob in and count to 5 slowly. Remove the needle from your skin. Check to make sure that you see “0” in the dose window. This means that you’ve received a full dose.



Disposal, storage and important notes

- **Do not store the pen with the needle attached.** Leaving a needle on your Pen can cause insulin to leak out, dry up causing the needle to clog, or air bubbles to get in the Pen cartridge. To remove the needle, place the outer needle shield onto the needle. Unscrew the capped needle and throw away in an approved collection container (Sharps container) which can be purchased at your pharmacy and taken to any Kaiser Permanente lab for disposal when full.
- Put the cap on the Pen by aligning the cap clip with the dose indicator.
- Before you use your Pen for the first time, store it in the refrigerator.
Do not use it if it has been frozen.
- Don't store your Pen in the refrigerator after you start using it. Keep it at room temperature and away from direct heat or light.

If you have any questions or concerns, contact Lilly at 1-888-545-5972 or talk to your doctor or pharmacist.