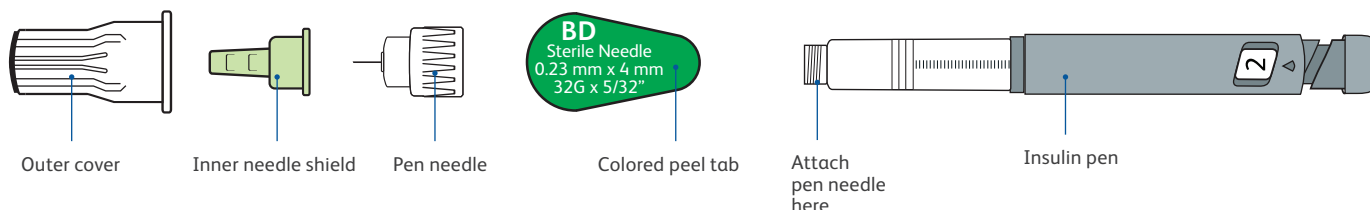


4 mm pen needle

Parts of a pen needle



How to inject with a 4 mm pen needle

Please be sure to consult the pen manufacturer's instructions for additional preparation steps, including but not limited to, removing the pen cap, dosage dialing and skin cleaning.

- 

1 Wash hands. Remove peel tab and push the new needle straight onto the pen. **Do not put the needle on at an angle.** Screw on tight.
- 

2a Remove outer cover and retain for disposal after injection.
- 

2b Remove inner needle shield and discard.
- Warning:** Remove both the outer cover and the inner needle shield before an injection. If both the outer cover and the inner needle shield are not removed before use, the medication or dose may not be injected, which may result in serious injury or death.
- 

3 Check the flow of medication by dialing 2 units and injecting into the air, until you see a drop. Repeat if no drops are seen. Dial dose.
- 

4 Inject straight in.* Push thumb button and count for 10 seconds before removing straight out from skin to help ensure an accurate dose. Refer to your insulin Instructions for Use for specific hold times.
- 

5 If you need to recap, place the outer cover on a flat surface and recap using one hand by pushing the pen needle directly down into it gently. Unscrew pen needle off pen.
- 

6 Safely dispose of pen needle immediately in appropriate sharps container.

Hold by outer cover with inner needle away from fingers

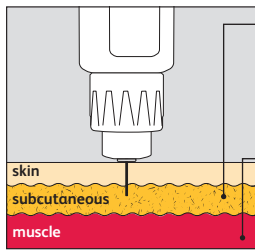
Consult the Instructions for Use and/or your Healthcare Professional about proper injection technique.

*Patients ages 2-6, or those who are extremely lean may require a pinch-up.



Healthy injection site selection and rotation

Why it is recommended to use a short needle

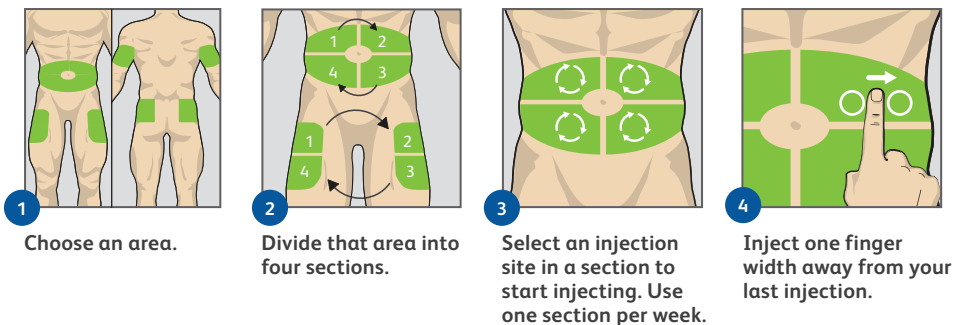


Insulin should be injected into subcutaneous tissue, not into the muscle.¹

Shorter needles may help avoid accidentally injecting into the muscle, which can result in a low blood sugar event.²

Practice healthy injection site rotation³

- Recommended sites for injection are the abdomen, thigh, buttock and upper arm³
- Use a new needle with each injection; detect and avoid injecting into areas of lipohypertrophy (lipo)³
- Lipohypertrophy is a buildup of fat below the surface of the skin, causing lumps. It may be caused by repeated injections of insulin in the same spot.⁴ Injection site rotation can help lower the risk of developing lipo.



Always inject with a new needle

- Pen needles should only be used once—they are no longer sterile after use.³
- Pen needles are designed for single use. Reuse has been reported to increase injection pain and bleeding.³

Hyperglycemia

High blood sugar (over 180 mg/dL)²

Signs and symptoms include but are not limited to:^{2*}

- Increased thirst
- Frequent urination
- High blood glucose

The following may increase the risk of hyperglycemia:²⁺

- Not enough insulin
- Stressful events (i.e illness, trauma, surgery)

Hypoglycemia

Low blood sugar (under 70 mg/dL)²

Signs and symptoms include but are not limited to:^{2*}

- Shakiness, irritability, confusion
- Rapid heartbeat
- Hunger
- Loss of consciousness
- Unable to wake up

The following may increase the risk of hypoglycemia:²⁺

- Taking too much insulin
- Fasting for tests or procedures
- Delayed meals

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*Signs and symptoms listed are not always specific. †This is not an all-inclusive list of all risk factors of hyperglycemia and hypoglycemia.

1. American Diabetes Association. Standards of Medical Care in Diabetes – 2021. Diabetes Care. 2021;44(Suppl 1):S1-S232. 2. American Diabetes Association. Standards of Medical Care in Diabetes. 2020. Diabetes Care. 2020;43(Suppl 1):S1-S212. 3. Frid AH, et al. New insulin delivery recommendations. Mayo Clinic Proceedings. 2016;91(9):1231–1255. 4. American Diabetes Association. Common Terms. American Diabetes Association. <https://www.diabetes.org/resources/for-students/common-terms>. Accessed January 2021.

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