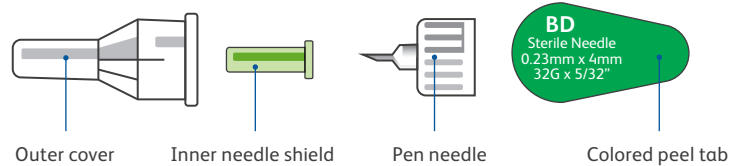
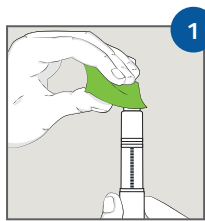


# 4 mm pen needle

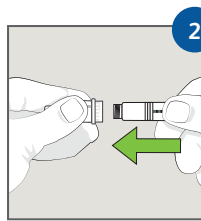
## Parts of a pen needle



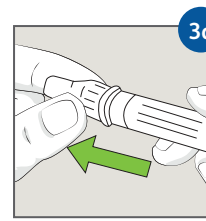
## How to inject



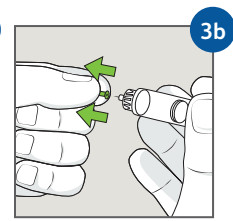
- 1** Arrange your supplies. Remove the pen cap and wipe the stopper.



- 2** Wash your hands. Remove the seal and push the new needle straight onto the pen. Do not put the needle on at an angle. Screw it on tight.

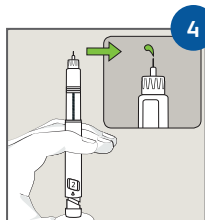


- 3a** Remove the outer cover.

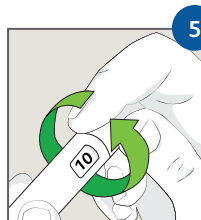


- 3b** Remove the inner needle shield.

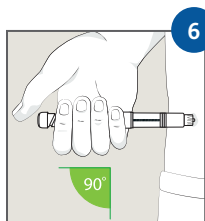
**Warning:** Remove both the outer cover and the inner needle shield before an injection. If both the outer cover and the inner needle shield are not removed before use, the medication or dose may not be injected, which may result in serious injury or death.



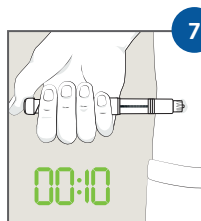
- 4** Check the flow of medication by dialing 2 units and with the needle facing up, press the thumb button until you see a drop of medication. Repeat if necessary until you see a drop of medication.



- 5** Dial your medication dose. Clean a small area of skin. Ensure the skin surface is completely dry before injecting.



- 6** Inject straight in at a 90° angle.<sup>1\*</sup>



- 7** Press the thumb button down. Post-injection, count for 10 seconds before removing the needle from your skin to help ensure an accurate dose.<sup>1</sup>



- 8** Use the needle once and dispose of it properly.

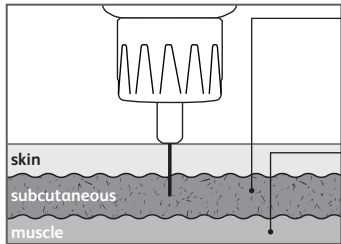
Please refer to the Instructions for Use for detailed information on how to use BD Nano™ Ultra-Fine™ 4mm pen needles.

\* Children from 2 to 6 years old or extremely lean adults may need to use a pinch-up technique.



# Healthy injection site selection and rotation

## Why it is important to use the shortest needle<sup>1</sup>



To work properly, insulin needs to be deposited into the subcutaneous layer just below your skin.

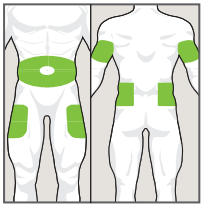
If the needle is too long and the insulin goes into your muscle, it can cause serious complications like hypoglycemia.

## Always inject with a new needle

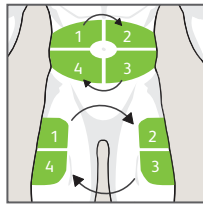
- Pen needles should only be used once—they are no longer sterile after use.<sup>1</sup>
- Reuse may lead to needle-tip damage, which may result in injection pain or damage to the skin.<sup>1,2</sup>

## Practice healthy injection site rotation<sup>1</sup>

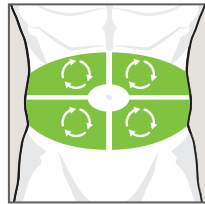
- Always use a new injection site. Do not inject into the same site repeatedly.
- A single injection site should not be used more than once every four weeks.<sup>1</sup>



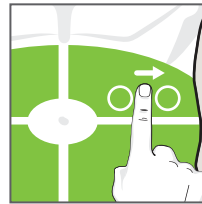
1 Choose an area.



2 Divide that area into four sections.



3 Select an injection site in a section to start injecting. Use one section per week.



4 Inject one finger width away from your last injection.

References: 1. Frid AH, Kreugel G, Grassi G, et al. New insulin delivery recommendations. *Mayo Clin Proc.* 2016;91(9):1231-1255. 2. Look D. Reuse of sharps in diabetic patients: Is it completely safe? *Diabetes Journal.* 1998;10:31-34.

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