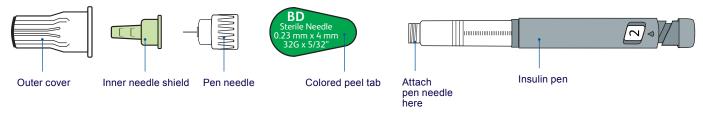
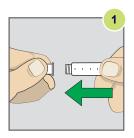
# 4 mm pen needle

## 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 injection of subcutaneous drugs other than insulin, as well as for additional preparation steps for insulin injection, including but not limited to removing the pen cap, dosage dialing and skin cleaning.



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.



Remove outer cover and retain for disposal after injection.



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.



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



Inject straight in.\* Push thumb button and count for up to 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.



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.



Safely dispose of pen needle immediately in appropriate sharps container.

For additional information, visit bd.com/sharpsdisposal

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

Each time you refill your insulin, remember to check if you need a refill of pen needles, too.



embecta, formerly part of BD

# Tips for good injection practice

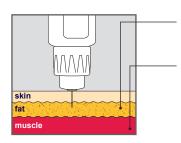
Diabetes experts recommend using a new pen needle with each injection <sup>1</sup>

- Pen needles should be used only once and are no longer sterile after that.<sup>1</sup>
- Reusing the same needle has been associated with injection pain and increased risk of developing unhealthy tissue at the injection site.<sup>1</sup>



Be prepared with a new pen needle for every injection

Why it is recommended to use a short needle



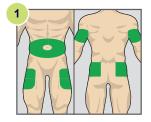
Insulin should be injected into subcutaneous tissue, not into the muscle.1

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

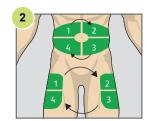
- ✓ Remember to pack extra pen needles when you're "on the go", so you are always ready to inject with a new needle
- ✓ Each time you refill your insulin, ask your pharmacy team if you need a refill of pen needles
- ✓ Talk to your pharmacy team to see if putting your pen needles on auto-refill is right for you

Injection site rotation can help lower the risk of developing lipohypertrophy. This is a buildup of fat below the surface of the skin, causing lumps.

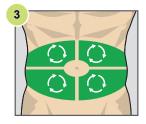
Talk to your diabetes care team about the best injection areas for you.



Choose an area. It's generally recommended that you inject insulin into your: abdomen, thighs, arms, and buttocks.



Divide that area into four sections.



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



Inject within sites at least one finger width apart from your last injection.

### Connect with embecta



Customer Support 1.888.232.2737 Monday–Friday, 8 a.m.–8 p.m. EST



**Diabetes Care** Information for people with diabetes.

livingwithdiabetes.bd.com



BD<sup>™</sup> Diabetes Care App (Facebook)

facebook.com/ BDDiabetesCareApp/





BD<sup>™</sup> Diabetes Care App

The BD<sup>™</sup> Diabetes Care App can support you in managing a lifestyle with diabetes.

1. Frid AH, Kreugel G, Grassi G, et al. New insulin delivery recommendations. Mayo Clin Proc. 2016; 91(9):1231–1255.
2. American Diabetes Association, Standards of Medical Care in Diabetes – 2021. Diabetes Care. 2021;44(suppl 1):S1-S232.

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