



**X TO AVOID**



Use the same needle again.



Disinfect skin.



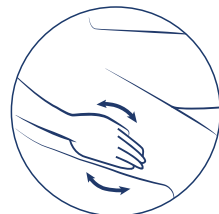
Inject cold insulin.



Inject in the area around the belly button.



Inject through clothing.



Massage the site after injection.

119321.Z1.1

Based on consultation of the following:  
(1) FIT Forum for Injection Technique. <https://www.fitter4diabetes.com/localSections/ca>. Accessed 01 March 2021  
(2) Frid AH, Kreugel G, Grassi G, et al., New Insulin Delivery Recommendations. Mayo Clin Proc. 2016;91(9):1231-1255  
Any liability of any nature whatsoever due to improper use is expressly excluded.  
Released on March 2021

Please consult your healthcare professional before using any medical device. Pikdare does not dispense medical advice and recommends that healthcare professionals and consumers, as applicable, be trained in the use of any particular product before using it.

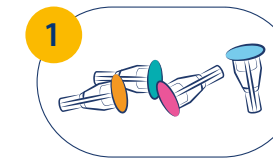


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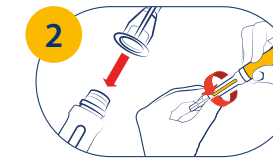
## THE RIGHT INJECTION TECHNIQUE

*To optimise glycaemic control and prevent unpleasant complications*



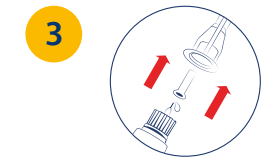
**MAKE SURE TO USE THE MOST APPROPRIATE NEEDLE**

Pen Needles come in different lengths and gauges. **Always follow your physician's instructions and recommended technique.** Check the compatibility between the pen needle and the pen to be used for administrating the medication.



**CAREFULLY SCREW ON THE NEEDLE**

Remove the sealing paper. **Perfectly align the needle** along the axis of the pen, pierce the centre of the cartridge and fully screw on the needle.



**REMOVE BOTH THE OUTER PROTECTIVE CAP AND THE INNER PROTECTIVE CAP BEFORE AN INJECTION**

If both the outer cap and the inner protective cap are not removed before use, the medication or dose can not be injected, which may **result in serious injury or death** for the patient.

It's easy with Pic!



It's easy with Pic!

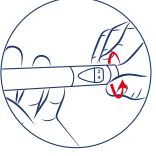
It's easy with Pic!

4



**PRIME BEFORE EVERY INJECTION**  
Turn the dose dial to 2 units and press the button until drops of insulin come out of the top of the pen, while holding the pen vertically.

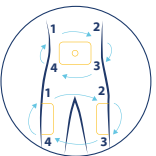
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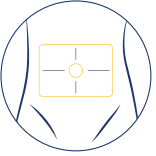
**SELECT AND DIAL THE RIGHT DOSE**  
Make sure you can see the correct dose in the dose indicator window.

6

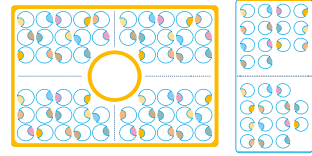
**ALWAYS CHOOSE A DIFFERENT SITE FOR THE INJECTION**



**Rotate injections between sites: one quadrant per week.**  
Divide sites into quadrants (or halves, when using the buttocks or thighs) and use one quadrant per week, moving from a quadrant to another in a consistent way (e.g. clockwise).



**Rotate injections within sites, moving by 1 cm.**  
Injections should be rotated systematically by spacing at least 1 cm (approximately the width of an adult finger) apart to avoid repeated local tissue trauma.

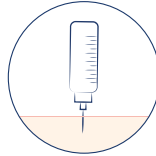


Rotation templates help to vary the injection sites (abdomen, thighs, arms and buttocks).

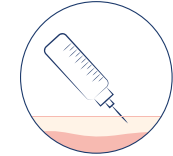
7

**SUGGESTED INJECTION TECHNIQUES**

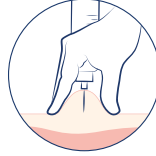
Always refer to the drug instructions leaflet. Always follow your physician's instructions and recommended technique anyway.



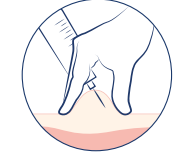
3,5-4 mm  
no pinch 90°



5-6 mm  
no pinch 45°



8 mm  
pinch 90°

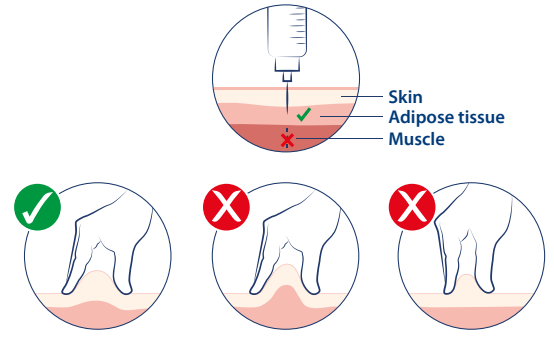


12 mm  
pinch 45°

- During the injection, avoid any bending/folding between the pen and the needle and between the needle and the skin in order to avoid possible needle breakages.
- Avoid pushing the needle hub deep into the skin since this increases the risk of intramuscular injection.

!

If a skinfold is needed, gently pinch the skin using thumb and index finger.



Correct (left) and incorrect (right) ways of performing the skin fold.

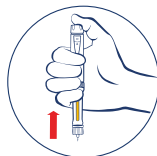
8



**ALLOW FOR FULL ABSORPTION**

After fully depressing the pen's button, maintain pressure and wait at least 10" before withdrawing the pen, so to completely deliver the insulin. Always refer to the instructions on the drug's IFU.

9



**REMOVE THE PEN**

Withdraw the needle from the skin and then release skin pinch, if appropriate. Unscrew the needle from the pen and waste it according to the IFU. The needle must be carefully capped before disposal, especially in the case of long needles (i.e. G29x12 mm), to prevent them from piercing the outer protective cap.

**TO REMEMBER**

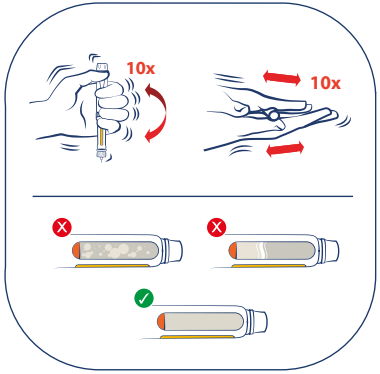


Keep in-use insulin at room temperature.



Keep new insulin in the refrigerator. Do not freeze it.

Wash your hands before starting the injection procedure.



In case of cloudy insulin, gently roll and tip insulin until the crystals are resuspended and the solution becomes milk white.