Check the pen

Remove the pen from its packaging and check the expiration date on the labeling to ensure the medication is still safe to use. Visually inspect the pen for any damage or defects. Wash your hands thoroughly with soap and water. Remove the cap (A) from the pen and check the liquid in the cartridge. Ensure the liquid is clear and colorless.

Choose the injection site



Common injection sites include the abdomen, thighs, or back of the upper arm. Avoid injecting in the same spot as the previous injection. If injecting in your abdomen, avoid an area around the navel by about 5 centimeters. Clean the injection site with an alcohol swab and allow it to dry.

Using the pen

1. Remove the paper sticker label from your pen needle. (B) The pen needle tip is then attached by screwing it on clockwise. (C) After that remove the cap. (D) So that the needle remains.



4. Select the dosage. (G) Turn the dosage dial until the prescribed dose is set. Follow the instructions of your healthcare provider. Starting dose 0,25mg.



6. Remove the pen: Withdraw the pen straight out of the skin. Check for signs of rednes swelling, or irritation at the injection site. Consult your doctor if you notice any unusual reactions.



2. Turn the pen until you see 2 drops in the window. (E)



3. Genlty shake the pen ten times. Hold the pen upright and push the air out of the cartridge, repeat this until only liquid comes out of the needle.

5. Inject the pen: Grasp the skin firmly at the injection site and insert the needle at a
90-degree angle into the skin.
Then, press the injection button to administer the medication.
(H) Hold the pen in place for a few seconds after pressing the injection button to ensure you have delivered the full dose.





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