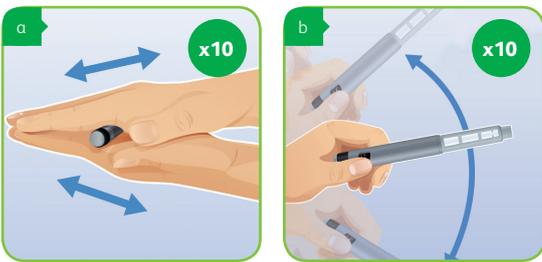


Injecting your diabetes medication

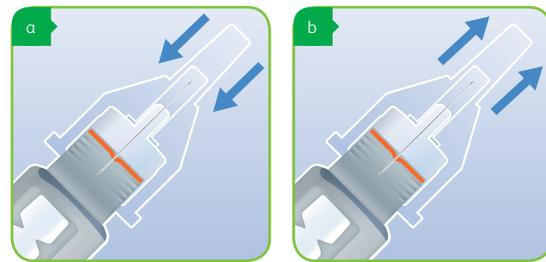
Follow these recommendations for a comfortable and effective injection.^{1,5 #}

1. Mix your medication (only for NPH and mixed insulins)*



If your medication is meant to be cloudy, roll and tip your medication pen 10 times until it is evenly cloudy.

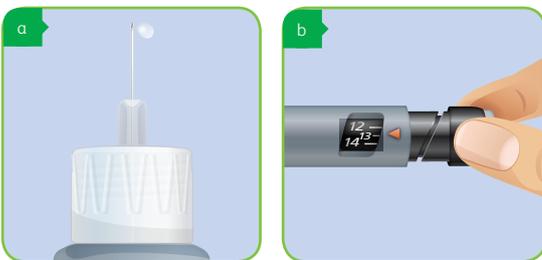
2. Set up a new pen needle onto your medication pen.



Fit a new needle to the pen, making sure that the needle is in line with the pen.

Screw on the pen needle then remove the outer and inner caps.

3. Prime the pen and dial up your dose*



Prime the needle with 2 units of medication so that you can see at least a drop of liquid at the needle tip. Then dial your correct dose.

4. Insert the needle, inject the dose and hold

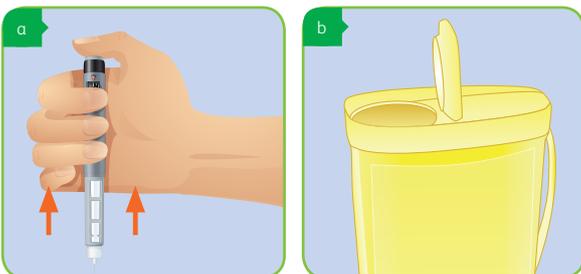


Insert the pen needle straight into the skin.

Press the dose button until the unit counter returns to zero.

Count slowly to 10 before withdrawing the pen needle.

5. Remove and dispose the pen needle



Withdraw the pen needle, remove it from the pen device and discard it into a sharps collector.

*Always follow the instructions for use provided by the manufacturer of your diabetes medication. These are general recommendations.



Talk to your Healthcare Professional about which needle length is appropriate for you:

Recommended needle length



BD Ultra-Fine™ PRO Pen Needle
4mm x 32G (0.23mm)

NDSS Product Code: 101



BD Ultra-Fine™ Pen Needle
5mm x 31G (0.25mm)

NDSS Product Code: 97

Benefits of BD Ultra-Fine™ Pen Needles:

- 5-bevel needle tip ensures a more gentle and comfortable injection experience^{2#}
- Less effort and time to inject for people with hand strength issues^{3,5}
- BD Ultra-Fine™ Pen Needles are suitable for most people with diabetes and compatible with leading brands of pen devices.^{1^}



BD Pen Needles are used to inject diabetes medications. Always read the label and consult your healthcare professional regarding treatment of your diabetes.

[^] As at August 2019.

⁵ Compared to standard BD thin wall pen needles.

[#] Compared to standard BD 3-bevel pen needles.

References:

1. Frid AH, Kreugel G, Grassi G et al. Mayo Clin Proc. September 2016;91(9):1231-1255. 2. Hirsch L, Gibney M, Berube J, Manocchio J. *J Diabetes Sci Technol.* 2012; 6(2): 328-335. 3. Aronson R, Gibney, Oza K. et al. *Clin Ther.* 2013; 35: 923-933.

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