# 如何使用胰岛素笔

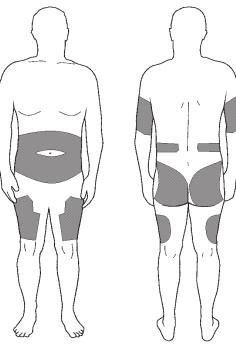
#### How to Use an Insulin Pen

#### **Select the Site for Injection**

- Sites which can be used are:
- Back of upper arms
- Abdomen (around navel)
- Front and side area of thighs
- Back above waist
- Buttocks
- Stay 1 inch away from previous injections.
- Stay 2 inches away from your navel or scars.
- Do not use sites that are bruised, tender or swollen.



选择注射部位

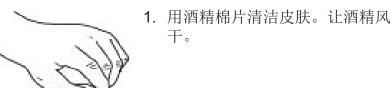


- 可注射部位包括:
- 上臂背面
- 腹部(肚脐周围)
- 大腿正面和侧面区域
- 后背腰部上方
- 臀部
- 与以前注射点相隔 1 英 寸。
- 与肚脐或伤疤处相隔 2 英寸。
- 请勿使用擦伤、触痛或肿胀部位。

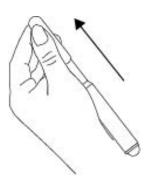
## **Giving Your Insulin**

1. Clean the skin with an alcohol pad. Let the alcohol air dry.

### 注射胰岛素



2. Take the cover off the pen. You can see the insulin in the pen.



2. 从笔上取下笔帽。您可以看到笔中的胰岛素。

3. If you are using a cloudy insulin, gently roll the pen between your hands to mix the insulin.

4. Use alcohol to clean the end of the pen where the needle twists on.

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4. 使用酒精清洁笔末端,此处用于拧上针头。

之间慢慢滚动笔以混合胰岛素。

3. 如果您使用的是浑浊状胰岛素,则在双手

Peel back the cover on the needle. Screw the needle onto the pen. It should be snug but not too tight.



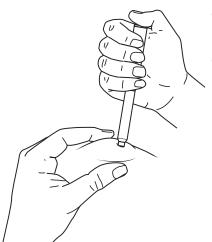
5. 剥下针头上的封套。将针头拧到 笔上,应接合但不宜过紧。

- 6. To clear the air out of the pen:
  - Remove the cap from the needle.
  - Turn the dose dial to 2 units.
  - Hold the pen so the needle is pointing up.
  - Push the end of the pen in to clear the air out of the pen.
  - Watch the tip of the needle for a drop of insulin. You may need to repeat this step until you see the drop on the needle.
- 7. To set your dose of insulin, turn the dial clockwise until you see the number for your insulin dose.

- 6. 若要清除笔中的空气:取下针头上的封套。
- 将剂量标度盘转至 2 个单位。
- 持笔,针头朝上。
- 推入笔末端以排出笔中的空气。
- 观察针尖上是否流出一滴胰岛素。 您可能需要重复此步骤,直到看到 针尖上出现胰岛素液滴。

7. 若要设置胰岛素剂量,需顺时针转动标度 盘,直到您看到所需胰岛素剂量的数字。

- 8. Pinch and hold the skin of the site with one hand.
- Put the needle straight into the skin in a quick motion.
  The needle should be all the way into your skin.
- 10. Using your thumb, push the end of the pen down slowly until your dose of insulin is in. Hold the needle in for 10 seconds.



- 8. 用一只手捏住注射部位的皮肤。
- 9. 将针头快速直插入皮肤。针 头应完全插入皮肤中。
- 10. 用拇指缓慢推下笔末端,直到胰岛素剂量都已注入为止。使针头保持插入状态 10秒钟。

- 11. Let go of the pinch of skin.
- 12. Pull the needle out. Hold your finger over the site for a minute. 13. Remove the needle from the pen. Throw it into your needle disposal container.
- Put the cover back on your insulin pen.

- 11. 松开捏住的皮肤。
- 12. 将针头拔出,将指头放在注射部位上按压一分钟。从笔上拆下针头,然后将其丢入针头处置容器。
- 13. 将笔帽放回到胰岛素笔上。



Talk to your doctor or nurse if you have any questions or concerns.

如果您有任何疑问或担忧,请告知您的医生或护士。

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