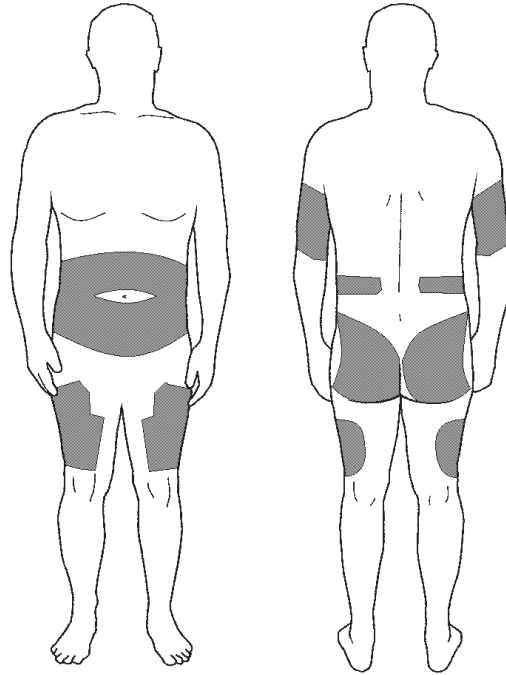


筆式胰島素注射器使用方法

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.

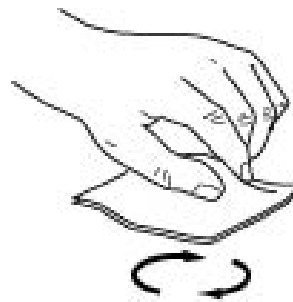


選擇注射部位

- 可注射的部位：
- 上臂背部
- 腹部（肚臍周圍）
- 大腿前部和側部
- 腰部以上的後背
- 臀部
- 要離前一次注射部位 1 寸遠。
- 要離肚臍或疤痕處 2 寸遠。
- **請勿**注射在擦傷、觸痛或腫脹部位。

Giving Your Insulin

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



注射胰島素

1. 用酒精棉片清潔皮膚。讓酒精風乾。

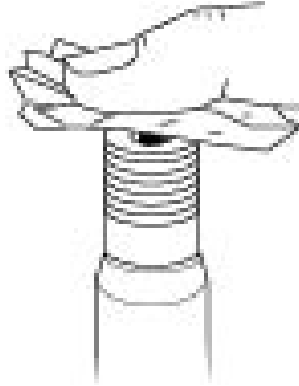
2. Take the cover off the pen. You can see the insulin in the pen.



2. 取下注射筆套。您能看見筆中的胰島素。

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.

3. 如果您使用濁狀胰島素，請將注射筆在您的兩手之間輕輕轉動以混合胰島素。
4. 用酒精清潔筆末端，將在此處擰上注射針。



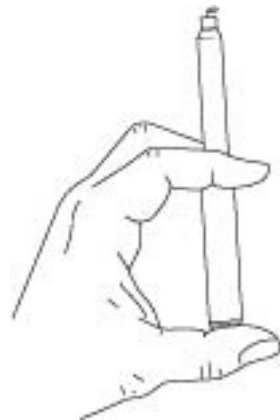
5. Peel back the cover on the needle. Screw the needle onto the pen. It should be snug but not too tight.

5. 揭開注射針的封套。將注射針擰到筆上，應該擰得貼合而不是太緊。



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.

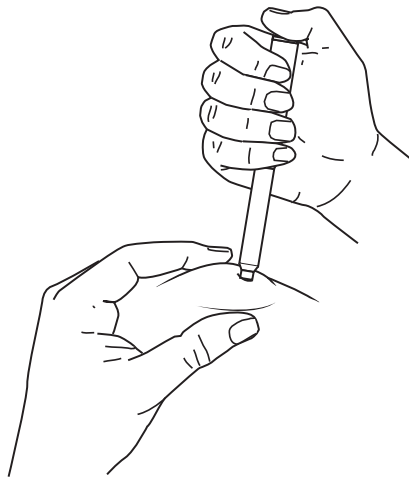
6. 將注射筆中的空氣排掉：
 - 取下注射針上的封套。
 - 將劑量刻度盤轉到 2 個單位。
 - 持筆使注射針朝上。
 - 推注射筆底部以排出筆內空氣。
 - 注意針尖冒出的第一滴胰島素。您可能需要重複這項步驟，直至您看到針尖的藥滴。



7. To set your dose of insulin, turn the dial clockwise until you see the number for your insulin dose.

7. 若要設定您的胰島素劑量，請將刻度盤順時針轉到看見您的胰島素劑量的數目為止。

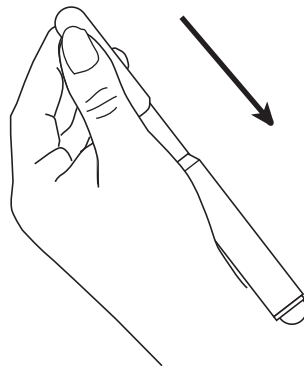
8. Pinch and hold the skin of the site with one hand.
9. Put the needle straight into the skin in a quick motion. The needle should be all the way into your skin.
10. Using your thumb, push the end of the pen down slowly until your dose of insulin is in. Hold the needle in for 10 seconds.



8. 用一隻手捏住皮膚注射部位。
9. 快速將針直插入皮膚。注射針應當全部進入您的皮膚。
10. 用拇指朝下慢推筆的末端，直到全部注入您的胰島素劑量為止。使注射針保持插入狀態 10 秒。

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.
13. Put the cover back on your insulin pen.

11. 將捏住的皮膚鬆開。
12. 拔出注射針。將手指捂住注射部位一分鐘。將針從注射筆上除下。將它丟進您的注射針處理容器。
13. 戴回胰島素注射筆的筆套。



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

如果您有任何疑問或擔憂，請諮詢您的醫生或護士。