

3 MEDICAL DISORDERS ASSOCIATED WITH PREGNANCY

3.1 DIABETES IN PREGNANCY

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3.1 .1.18.3 Innolet 3ml Disposable
Section B
Clinical Guidelines
King Edward Memorial Hospital
Perth Western Australia

3.1.18 INSULIN PEN DEVICES –

3.1.18.3 INNOLET 3ML DISPOSABLE

AIM

Women with diabetes commencing an insulin delivery system shall have individualised education and follow up support.

KEY POINTS

- **As there is a real risk from needle stick injury, staff should not under any circumstances remove the needle from an insulin pen.**
- Where a patient is unable to use the pen fully, including removal and disposal of the needle, staff should use an insulin syringe.
- Staff assisting women to give insulin shall attend annual in-service on insulin pen devices.
- Staff shall contact the Diabetes CMC (page 3309) if unfamiliar or another pen device is in use.

PATIENT INSTRUCTIONS

INSERTION OF NEW CARTRIDGE

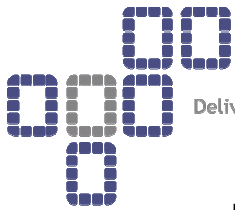
- Wash and dry hands.
- Remove INNOLET CAP.
- Move InnoLet up and down at least 10 times to make sure insulin is well mixed. Ensure the liquid appears uniformly white and cloudy.
- Remove the protective tab from a NovoFine needle and screw the needle securely into InnoLet.
- Pull off the outer and inner needle caps.
- Do not discard the outer needle cap unless you have a NovoFine needle remover available for use.

INJECTING A DOSE

Air shot prior to each injection (to avoid injection of air):

- Dial 2 units by turning the dose selector clockwise
- Hold InnoLet with the needle pointing up. Tap the reservoir gently with your finger a few times to make sure any air bubbles collect at the top.
- With the needle still pointing upwards, press the Push Button fully in until the dose selector returns to zero. A drop of insulin should appear at the needle tip.
- If not, repeat the air shot up to 6 times until a drop of insulin does appear. If a drop still does not appear, do not use your InnoLet.

Dose selection:



- Ensure the Push Button is fully depressed and dose selector is set to zero.
- Dial the number of units required by turning the dose selector clockwise.
- The dose can be corrected both up and downwards.
- You cannot set a dose larger than the number of units remaining in the reservoir. 50 units is the maximum dose.

How to inject

- Pinch your skin between two fingers, push the needle into the skin fold and inject the insulin by pressing the Push Button down fully. Ensure the device is facing you when injecting.
- (Be careful to only press the Push Button when injecting).
- Leave the needle under the skin for at least 6 seconds. Keep the Push Button fully pushed in until you remove the needle from the skin.
- Make sure not to block the dose selector while injecting.

REMOVING THE NEEDLE

- Replace the outer needle cap, or attach a NovoFine needle remover, and unscrew the needle.
- Dispose of it carefully.
- It is important that you use a new needle for each injection.
- Replace the InnoLet cap and store the InnoLet you are using in the refrigerator or below 25 degrees Celsius.
- Insulin can be kept at room temperature (less than 25 degrees Celsius) for 28 days from opening. After this time, the remaining insulin should be discarded.
- InnoLet not in current use must be stored in the refrigerator between 2-8 degrees.

FUNCTION CHECK

If your InnoLet is not working properly, follow this procedure:

- Screw on a new NovoFine needle.
- Prime InnoLet.
- Dial 20 units and put the outer needle cap into the needle.
- Dispense 20 units into the needle cap holding the pen with the needle pointing downwards.
- The solution will fill the lower part of the cap.
- If InnoLet has released too much or too little solution, repeat the test. If it happens again, do not use the InnoLet