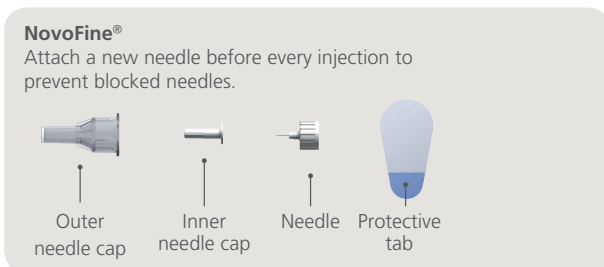
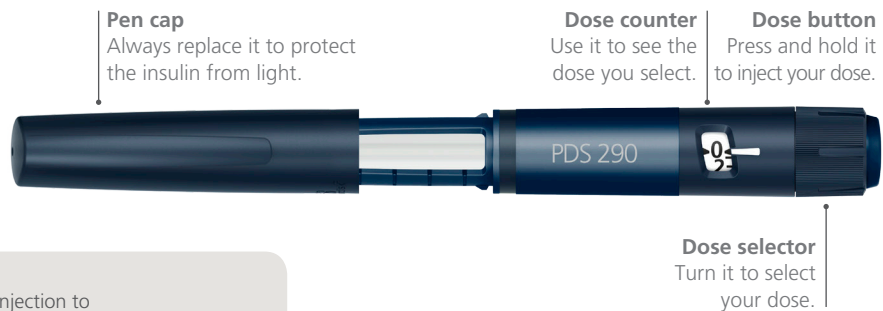


How to use FlexTouch®

Is this the first time you are taking an injection?
Ask your doctor or nurse about injection training.



Quick guide

Please see the Instructions for Use that came with your FlexTouch® for complete instructions.



1. Check your pen

- Read the label to check you have the right type of insulin.
- Pull off the pen cap. Make sure the insulin is clear and colourless.



2. Attach a new needle

- Pull off the paper tab.
- Push the needle straight and turn until it is on tight.
- Pull off both needle caps.



3. Prime your pen

- Turn the dose selector to select 2 units.
- Press and hold the dose button.
- Make sure a drop appears.



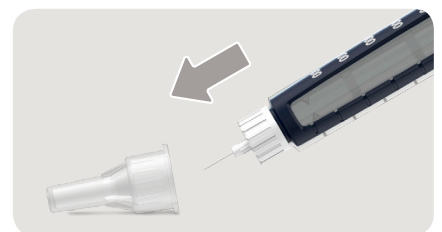
4. Select your dose

- Turn the dose selector to select the number of units you need to inject.



5. Inject your dose

- Insert the needle.
- Press and hold the dose button down.
- After the dose counter returns to 0, leave the needle under the skin for at least 6 seconds to make sure you get your full dose.



6. Remove the needle

- Lead the needle tip into the outer needle cap. Once the needle is covered, carefully push the outer needle cap completely on.
- Unscrew the needle and dispose as per local guidelines.
- Replace the pen cap.

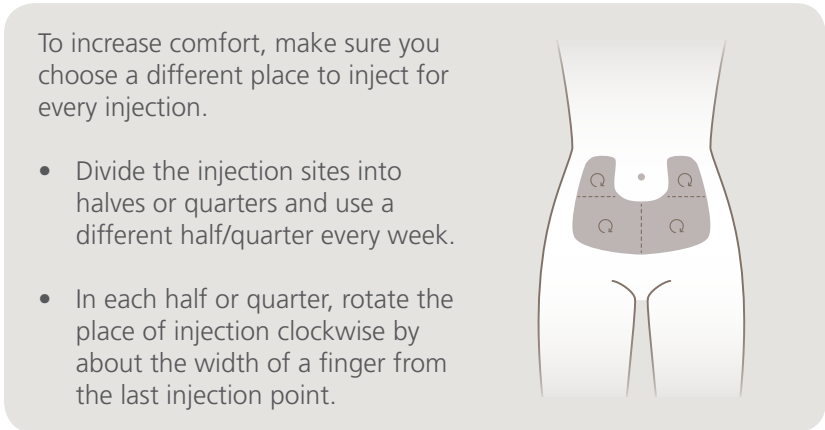
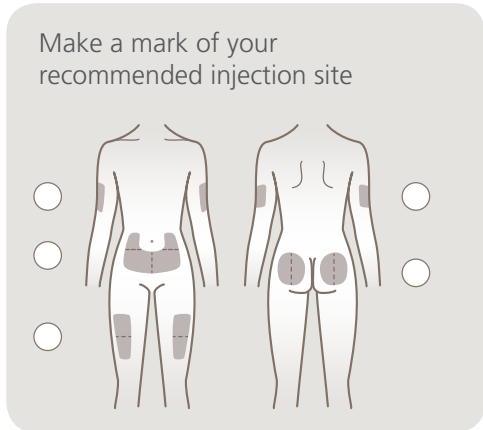
Do not share your FlexTouch® with other people. Sharing the pen can result in the spread of infections from one person to another even if the needle is changed.

ZINC ID: HQMMA/DV/0915/0098a

Injection sites

Always use a new needle

The main injection sites are the thighs, stomach, buttocks or backs of the upper arms. Ask your doctor or nurse which sites are recommended for you.



Injection technique

Insulin is injected under the skin in the subcutaneous tissue. How you should inject depends on your build and the length of the needle. You can see the different injection techniques below. Always make sure to use the injection technique and needle length recommended by your doctor or nurse.

	Adult slim	Adult normal, obese	Child slim	Child normal, obese
4 mm needle				
5 to 6 mm needle				
8 mm needle				

How to lift the skin

To make sure insulin is injected under the skin, it can be helpful to inject into a skin fold. Lift a fold of skin between your thumb and index fingers. Keep it raised for 5 to 10 seconds after injection and until you have removed the needle from the skin.

