

# TRUEplus<sup>®</sup> PEN NEEDLE - INSTRUCTIONS FOR USE

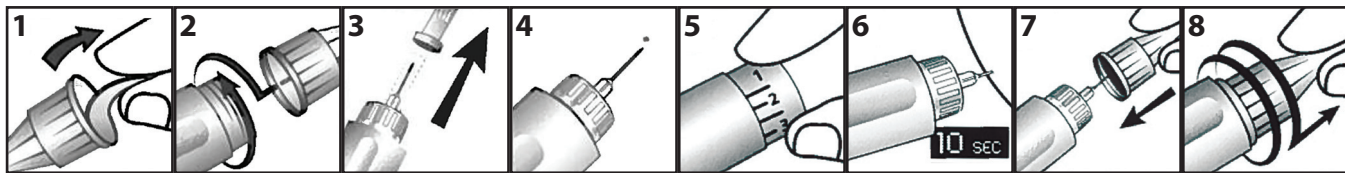
**STERILE** **Sterile, single-use pen needles - Intended to be used with a pen injector device for the subcutaneous injection of insulin.**

**Note:** Read the needle gauge and length on the seal to make sure you are using the right pen needle for you. Ask for help if you have impaired vision.

**Injection technique:** The injection site and technique should be recommended to you by your healthcare professional.

**Recommendation:** Injection with a skin fold at a 90° angle. It is recommended that you inject into a skin fold vertically (at a 90° angle) to prevent too deep an injection and hitting the muscle tissue. To make a skin fold when injecting, pinch the skin between the thumb and forefinger and do not pull up the muscle. Injection with a skin fold at a 45° angle. This injection technique is only recommended when you have very little subcutaneous fatty tissue. The minimum angle should be 45°. If the angle is less than 45°, the insulin may not reach the subcutaneous fatty tissue and result wealing or bruising at the injection site. Injection without a skin fold at a 45° angle or a 90° angle if your layer of subcutaneous fatty tissue is very thick, you can make an injection without a skin fold. When you do not use a skin fold, it is recommended that you inject at a 45° angle and choose a short or medium length needle (6 to 10 mm).

**How to get ready for injection:** Choose and then disinfect the injection site. Change the injection site often to avoid tissue hardening. You can inject into the fatty tissue of the abdomen, buttocks, or the outer side or front of the upper thigh. Injections into the upper arm or the inner side of the thigh are not recommended, as the risk of injecting insulin into a muscle is high.



1. Remove the seal from the bottom of the pen needle.
2. Push the pen needle straight on to the pen injector device and twist until it is tight. Do not push the pen needle at an angle. Then remove the outer protective (clear) cap and set it aside. Do not discard. You will need the clear cap later to help remove the pen needle from the pen injector device.
3. Remove the inner protective (color) cap by pulling it straight out to prevent bending of the needle.
4. Prime the pen injector as per the pen's Instructions For Use to prevent incorrect dosage caused by air in the cartridge or a clogged needle. If no insulin flow is seen after several attempts, replace the outer protective (clear) cap, remove the pen needle from the pen injector device and discard the pen needle. Attach a new pen needle as directed above.
5. Set the insulin dose required.
6. Inject the selected dose as directed by your healthcare professional; do not bend the needle. Inject slowly (approximately 10 seconds). Do not withdraw the needle immediately after injection. Do not change the direction of the pen needle while it remains in the body, as this can result in bending or breaking of the needle.
7. After use, replace the outer protective (clear) cap (only if self-injecting).
8. Remove the pen needle from the pen injector device after each injection to prevent air from entering the cartridge and insulin from leaking out. Discard used pen needles according to your local regulations.

**Warning:** To avoid serious risk of infection, do not re-use or share pen needles. Do not use pen needles if the individual packaging is damaged or if the seal is missing or if the needle appears to be bent or damaged. To avoid accidental needle sticks, never handle someone else's pen needles. Pen needles are single-use only and should be disposed safely in accordance with local regulations. Not for use by children without adult supervision.

**Caution:** Consult your healthcare professional for assistance in choosing the right needle length, injection technique and site. Follow the pen's Instructions For Use. Refer to the Instructions For Use from the insulin / pen injector manufacturer for specific storage and handling conditions. Seek immediate medical attention if you have any health concerns.

Find a detailed list of pen injectors devices that are compatible with these pen needles at: [www.trividiahealth.com](http://www.trividiahealth.com)

Choosing needle length, injection technique and site			
AGE	BMI	NEEDLE LENGTH*	
		Without skin fold, straight injection	With skin fold, angled or straight injection
Children < 12 Very Slim Adults	All	4mm, 5mm, 6mm	6mm
Teenagers (12-18 years)	Average	4mm, 5mm, 6mm	8mm
	Overweight (BMI > 25)	4mm, 5mm, 6mm	8mm, 10mm
Adults	Average	4mm, 5mm, 6mm, 8mm	8mm
	Overweight (BMI > 25)	4mm, 5mm, 6mm, 8mm	8mm, 10mm, 12mm**

\*Consult your healthcare professional for assistance in choosing the right needle length, injection technique and injection site.

\*\* Recommended for people injecting large dosages or with limited dexterity / strength.

Available TRUEplus <sup>®</sup> Pen Needle Sizes - Pen needles are available in 5 versions, differing in needle diameter and length to meet individual needs.			
29G	31G	32G	
Pen needles 29G (0.33mm) x 12mm (1/2 inch) needle 	Pen needles 31G (0.25mm) x 5mm (3/16 inch) needle 	Pen needles 32G (0.23mm) x 4mm (5/32 inch) needle 	
	Pen needles 31G (0.25mm) x 6mm (1/4 inch) needle 		
	Pen needles 31G (0.25mm) x 8mm (5/16 inch) needle 		

## SYMBOLS GLOSSARY:

Sterilized using irradiation	Caution
Do not re-use	Consult instructions for use
Batch code	Catalogue number
Use-by-date	

Manufactured for:

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