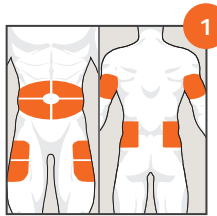


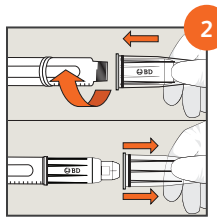
BD AutoShield Duo™ Safety Pen Needle

Keep safety injections short and simple



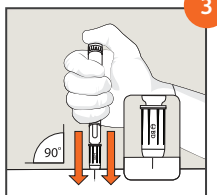
1 Choose the injection site

- Recommended sites are the abdomen, thigh, back of arms and buttocks.¹
- Be sure to rotate between and within sites.¹
- Ensure injections are always a finger width apart.¹
- Visually check and palpate for lipohypertrophy. Do not inject into these sites—insulin will not work correctly if it is injected into these areas.^{1*}
- Cleanse the skin.



2 Prepare the pen needle

- Remove the pen cap and wipe the rubber seal on your pen with an alcohol swab. Pull the peel tab off the pen needle.
- Holding the outer cover, screw the pen needle straight onto the pen.
- Remove the outer cover.
- Check that the pen needle is attached correctly and prime the pen according to the manufacturer's instructions for use.
- Select the insulin dose.



3 Administer the injection

- No pinch-up technique needed.[†] Inject at a 90° angle to the skin.
- Insert the needle straight into the skin in one continuous motion until the white sleeve touches the skin. Maintain constant pressure against the skin (*do not change hands*).
- Push the thumb button down to administer the dose; leave the needle in the skin for up to 10 seconds after the thumb button is fully depressed. Refer to pen instructions for specific hold times.



4 Correctly dispose of sharps

- Lift the pen needle away from the skin. A red band shows that the safety shield is locked.
- Hold the white sleeve of the pen needle and twist it off. The pen connection end of the needle is now protected with an orange shield.
- Dispose of it in a sharps container.¹
- The BD AutoShield Duo™ safety pen needle is designed for single use only.¹

Before use

The outer shield covers the needle



After use

Both needle ends are protected



Not actual size

* Lipohypertrophy describes rubbery lumps of fat located near injection sites.²

† Children from 2 to 6 years old, extremely lean adults or patients with loose skin may need to use a pinch-up technique.

References: 1. Frid AH, Kruegel G, Grassi G, et al. New insulin delivery recommendations. *Mayo Clin Proc.* 2016;91(9):1231-1255.
2. Blanco M, Hernandez M, Strauss K, Amaya M. Prevalence and risk factors of lipohypertrophy in insulin-injecting patients with diabetes. *Diabetes Metab.* 2013;39(5):445-453.

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