

Suggested Techniques for Self-Administration

VanishPoint U-100 insulin syringes are for use with U-100 Insulin only. Read instruction leaflet found inside the box of VanishPoint U-100 insulin syringes before use. VanishPoint U-100 insulin syringes are available in different syringe and needle sizes. Your physician, pharmacist or diabetes educator can help you choose the right size for your insulin dose. Check insulin for type and expiration date. Always follow the manufacturers' instructions for insulin storage, preparation and administration.

1. GET READY

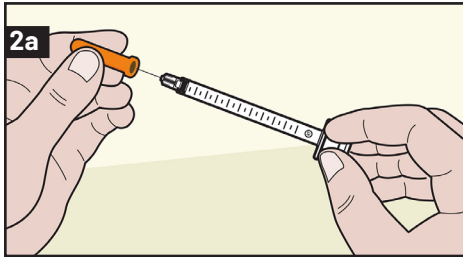
Wash your hands and gather all necessary supplies:

- Insulin vial • Alcohol swabs • Insulin syringe
- Disposal container

If necessary, remove cap covering insulin vial. Clean the rubber stopper of the insulin vial using an alcohol swab.

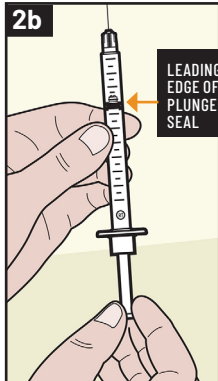
Choose and prepare injection site as advised by your physician or diabetes educator.

2. PREPARE SYRINGE



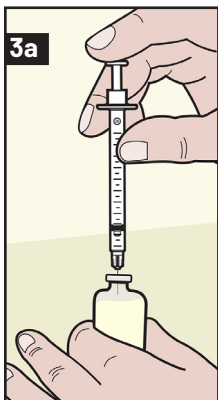
Peel open the VanishPoint insulin syringe package at the tabs marked "PEEL THIS END".

2a Carefully remove the orange needle cap.



2b Pull back the plunger handle of the syringe, filling the syringe with air, until the leading edge of the black plunger seal is at the same number of units required for your dose of insulin.

3. DRAW INSULIN INTO SYRINGE

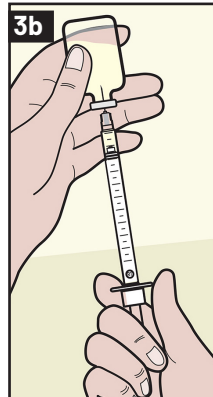


3a Insert the needle through the center of the rubber stopper of the insulin vial.

Take care not to bend the needle during preparation.

Depress the plunger handle, stopping at the point of resistance, to inject air into the vial of insulin. In the event the plunger handle is fully depressed, resulting in the retraction of the needle, properly dispose of the retracted syringe and get a new syringe. Re-swab the rubber stopper of the insulin vial with alcohol, insert the needle through the

rubber stopper and resume with step 3b. It is not necessary to add any more air to the insulin vial.



3b Turn the insulin vial upside down, leaving the needle in place. The needle tip should be covered by insulin.

Pull back slowly on the plunger handle to draw insulin into the syringe to the unit marking for your dose.

Check the syringe for any large bubbles. If any large bubbles are present, gently tap the side of the syringe barrel causing bubbles to rise to the needle end of the syringe. Carefully push the plunger forward to expel any large bubbles.

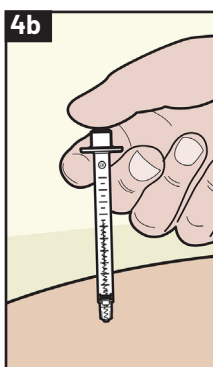
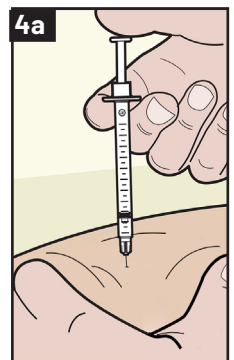
Withdraw additional insulin into syringe, if necessary.

Check the syringe to make sure the leading edge of the black plunger seal is at the correct unit marking for your dose of insulin. Remove the needle from the insulin vial.

4. GIVE INJECTION

4a At the prepared injection site, pinch up a thick fold of skin. If skin fold is ample, inject the needle into the fatty tissue just below the skin at a 90-degree angle. If little fatty tissue is available, the needle may need to be injected at a 45-degree angle.

Always follow your physician's or diabetes educator's advice regarding injection technique.



4b Slowly push the plunger handle and release the pinched skin. **While the needle is still in the skin**, fully depress the plunger handle, pushing past the slight resistance point. **The needle will automatically retract into the barrel of the syringe. The full dose of insulin is injected when plunger handle is fully depressed** and the needle retraction mechanism is activated.

Dispose of the used syringe in an appropriate sharps disposal container.

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