



Health Based Science Without Compromise



PEPTIDE PEN: PREPARATION & INJECTION GUIDE

1 Before You Begin

1. Wash hands; place the pen on a clean, flat surface.
2. Check the expiration date and confirm the solution looks clear, not cloudy or discolored.
3. Use a new sterile needle for each injection. Keep the needle sterile and never share it.

2 Prepare the Pen

1. Remove the cap, use alcohol to clean the top, let it dry.
2. Attach a sterile needle.
3. Set the prescribed dose using the pen dial.

3 Inject

1. Clean the chosen injection site with alcohol and let it dry.
2. Common sites include the abdomen (at least 2 inches from the navel), outer thigh, and back of upper arm.
3. Gently pinch a fold of fatty tissue if instructed. Inject at a 90-degree angle to your skin.
4. Use a slow, steady delivery technique and keep the pen against your skin while pressing the button.
5. Count to 10 AFTER fully pressing the button while keeping the pen against your skin. Waiting helps the full dose to enter the fat layer; removing too quickly may lead to incomplete dosing.

4 After Injection

1. Dispose of the needle in an approved sharps container.
2. Store the pen in a cool dark place away from sunlight. Although not necessary to keep cold, a refrigerator works well.
3. Document your injection site to help with rotation.

5 Troubleshooting

1. If medication leaks from the injection site, the pen may have been removed too quickly.
2. For future injections, press more slowly.
3. Contact your health care provider if you experience unusual side effects.

Important: For patient education purposes only. Confirm dosing and injection technique with your health care professional.