

Transcript: *how to use an insulin pen*

“Whenever I do my injections, I dial it up to like four or five, of NovoRapid, and as you can see here, there’s a four, and, I grab the pen, find somewhere nice to put it in”

“So that’s your fat? And you go in a different place each time?”

“Yep. I’ll just find a spot”

“Yep and you put that in and then push your insulin in and do you count?”

“Yep, at least five”

“At least five”

“And out”

“And out again”

“And then we give the protaphane”

“Sometimes it will bleed a little bit”

“And sometimes you get a little tiny bruise there? “

“Yep”

“But does it hurt?”

“Not normally”

“Show us how you give your protaphane”

“Protaphane. You do it the same way, you prime it, you, I dial it up to nine, and here we go.”

“So would you go in a different place from where you’ve done the NovoRapid?”

“Yep”

“Counting”

“1,2,3,4,5”

“And out we come”

“Good boy, well done”