

● By Lindsey Wahowiak

Insulin Pens

CONSUMER
GUIDE 2016

Pen Pals

With these devices, your next insulin dose is just a click away

Insulin pens can make giving yourself medication easier because they are an insulin storage and delivery system in a single package. “Pens are more expensive than the vials, but the pens will also last a lot longer [before expiring], and 90 percent of the time they’re covered under all plans,” says Heather Free, PharmD, a practicing pharmacist in Washington, D.C., and spokeswoman for the American Pharmacists Association. “They’re more efficient, they’re more user friendly, and they encourage patients to do more for adherence.”

Should I Stay or Should I Go?

With a disposable pen, a set amount of insulin comes in the pen ready to use. When you use up the insulin inside, pitch the pen and get a new one. With a reusable pen, keep the pen itself while refilling it with easy-to-load, premeasured cartridges of insulin. Before first use, insulin pens or cartridges should be stored in the refrigerator. After that, they can be stored at room temperature.



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 <p>Eli Lilly HUMAPEN LUXURA HD Reusable</p> <p>Insulin Humalog</p> <p>Dose Delivery Half-unit increments, up to 30 units at a time</p> <p>Total Capacity 300 units</p> <p>Details Can dispense half units of insulin for small, precise doses. Pen is green and made of metal.</p> <p>Needle Compatibility Becton, Dickinson, and Co. (BD) pen needles are recommended.</p>	 <p>Eli Lilly HUMALOG KWIKPEN Disposable</p> <p>Insulins Humalog U-100 Humalog U-200 Humalog Mix 75/25 Humalog Mix 50/50</p> <p>Dose Delivery One-unit increments, up to 60 units at a time</p> <p>Total Capacity 300 units. For U-200: 600 units</p> <p>Details Pen is blue, with different color labels for various types of insulin.</p> <p>Needle Compatibility BD pen needles are recommended.</p>	 <p>Eli Lilly HUMULIN KWIKPEN Disposable</p> <p>Insulins Humulin N Humulin 70/30</p> <p>Dose Delivery One-unit increments, up to 60 units at a time</p> <p>Total Capacity 300 units</p> <p>Details Pen is beige, with different color labels and dosing knobs for various types of insulin.</p> <p>Needle Compatibility BD pen needles are recommended.</p>	 <p>Novo Nordisk NOVOLOG FLEXPEN Disposable</p> <p>Insulins NovoLog NovoLog Mix 70/30</p> <p>Dose Delivery One-unit increments, up to 60 units at a time</p> <p>Total Capacity 300 units</p> <p>Details Pen is blue, with different color labels, cartridge holders, and dosing knobs for various types of insulin. Dial returns to “0” after injection to indicate delivery.</p> <p>Needle Compatibility NovoFine, NovoFine Autocover, NovoFine Plus, NovoTwist</p>	 <p>Novo Nordisk FLEXTOUCH Disposable</p> <p>Insulins Levemir Tresiba New!</p> <p>Dose Delivery One-unit increments, up to 80 units at a time. For Tresiba U-200, two-unit increments, up to 160 units at a time.</p> <p>Total Capacity 300 units. For Tresiba U-200: 600 units</p> <p>Details Pen comes in different colors for various types of insulin. Spring- loaded mechanism requires less force to deliver a dose. An audible click indicates insulin was delivered.</p> <p>Needle Compatibility NovoFine, NovoFine Autocover, NovoFine Plus, NovoTwist</p>
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The Long and the Short of It

Each pen delivers a different brand and type (or types) of insulin. Some deliver rapid-acting (bolus, or mealtime) insulin. Others deliver long-acting (basal, or background) insulin. There are others that deliver a mixture of both in one injection. Giving yourself a dose of the wrong insulin can be dangerous, which is why disposable pens have different colored labels, cartridge holders, and/or dosing knobs.

It's the Little Things

Many pens offer special features—spring-loaded mechanisms that require less force to deliver a dose of insulin, textures to differentiate them from other pens, and audible signals to let you know insulin has

been delivered. The reusable NovoPen Echo has a memory function that shows when the last dose was delivered and how much insulin was given at the time.

Using a Pen

Insulin pen manufacturers recommend injecting at a 90-degree angle into your flesh. With short needles (4 or 5 millimeters), most adults do not need to pinch the skin. Very lean adults or kids, or those who use longer needles, may need to pinch the skin to ensure the insulin is deposited in the fat layer between the skin and muscle. Keep the pen needle in the skin for a count of 10 seconds after giving the dose to make sure the insulin is fully delivered.

A fresh, sharp needle for each injection is best for comfort and cleanliness.

 <p>Novo Nordisk NOVOPEN ECHO Reusable</p> <p>Insulin NovoLog PenFill Cartridges</p> <p>Dose Delivery Half-unit increments (starting at 0.5 units), up to 30 units at a time</p> <p>Total Capacity 300 units</p> <p>Details Memory function shows units of last dose and hours since last injection. Pen is available in red with optional decorative skins.</p> <p>Needle Compatibility NovoFine, NovoFine Autocover, NovoFine Plus, NovoTwist</p>	 <p>Owen Mumford AUTOPEN CLASSIC Reusable</p> <p>Insulin Humalog</p> <p>Dose Delivery Comes in a one-unit increment version (with up to 21 units at a time) and a two-unit increment version (with up to 42 units at a time)</p> <p>Total Capacity 300 units</p> <p>Details Dosing button on the side for easier injecting and handling. Spring-loaded mechanism requires less force for dose delivery. Dose selector has audible clicks to ensure proper dosage. Pen is blue.</p> <p>Needle Compatibility Works with most pen needles.</p>	 <p>Sanofi APIDRA SOLOSTAR Disposable</p> <p>Insulin Apidra</p> <p>Dose Delivery One-unit increments, up to 80 units at a time</p> <p>Total Capacity 300 units</p> <p>Details Pen is blue.</p> <p>Needle Compatibility BD, Owen Mumford, Ypsomed</p>	 <p>Sanofi LANTUS SOLOSTAR Disposable</p> <p>Insulin Lantus</p> <p>Dose Delivery One-unit increments, up to 80 units at a time</p> <p>Total Capacity 300 units</p> <p>Details Pen is gray and has a texture to distinguish it from other pens.</p> <p>Needle Compatibility BD Ultra-Fine</p>	 <p>Sanofi TOUJEO SOLOSTAR Disposable</p> <p>Insulin Toujeo New!</p> <p>Dose Delivery One-unit increments, up to 80 units at a time</p> <p>Total Capacity 450 units</p> <p>Details Pen is off-white with a green label.</p> <p>Needle Compatibility BD Ultra-Fine</p>
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