

Pick the right pen needle for you

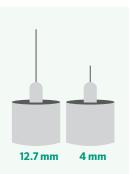
By Lindsey Wahowiak

Let's get to the point: To make an insulin pen work for you, you need to choose the right needle. Start with needle length and thickness. Insulin pen needles range from 4 to 12.7 millimeters in length. Short needles work for most adults and children, regardless of body size.

A needle's thickness is known as the gauge, and the higher the gauge, the thinner it is. Needle gauges range from 29 (thicker) to 33 (thinner). A thicker needle can give a dose of insulin more quickly, while a thinner needle causes less pain. To further reduce pain, change the needle after each use. Needles can dull after a single injection, and dull needles cause more pain.

Beyond that, you have options: Some needles twist onto a pen; others click into it. Some have built-in caps that make removal safe and easy.

Still not sure which to choose? Your doctor or diabetes educator can help advise you on the best needles for your devices. As for those devices, the charts on these pages can help you and your doctor find the best pen for you.



ELI LILLY HUMULIN KWIKPEN Disposable

INSULINS Humulin N

Humulin 70/30 Humulin R U-500 DOSE DELIVERY

For all except U-500:

1-unit increments, up to 60 units at a time. For U-500: 5-unit increments, up to 300 units at a time.

TOTAL CAPACITY

For all except U-500: 300 units. For U-500: 1.500 units.

DETAILS

Humulin N and Humulin 70/30 pens are beige, with different colored labels and dosing knobs. The U-500 pen is aqua.



NOVO NORDISK FIASP

FLEXTOUCH Disposable

INSULIN Fiasp

DOSE DELIVERY

1-unit increments, up to 80 units at a time TOTAL CAPACITY

300 units

DETAILS

Pen is navy blue with yellow label. Spring-loaded mechanism requires less force for dose delivery. There is an audible click at the end of the dose, but to ensure full dose is delivered, keep needle under skin and dose button depressed after dose counter returns to zero, then slowly count to six.

NOVO NORDISK NOVOLOG

FLEXPENDisposable

INSULINS

NovoLog

NovoLog Mix 70/30 **DOSE DELIVERY**

1-unit increments,

up to 60 units at a time **TOTAL CAPACITY**

300 units

DETAILS

Pen is blue, with different colored labels, cartridge holders, and dosing knobs for various types of insulin. Dial returns to zero after injection to indicate delivery.

NOVO NORDISK TRESIBA FLEXTOUCH

Disposable INSULINS

Tresiba U-100 Tresiba U-200

DOSE DELIVERYFor U-100: 1-unit

increments, up to 80 units at a time. For U-200: 2-unit increments, up to 160 units at a time.

TOTAL CAPACITY

For U-100: 300 units For U-200: 600 units **DETAILS**

Pen is dark blue with a light green (U-100) or dark green (U-200) label. Spring-loaded mechanism requires less force for dose delivery. There is an audible click at the end of a dose, but the full dose has not been delivered until the dose counter returns to zero.

OWEN MUMFORD AUTOPEN CLASSIC Reusable

Reusable INSULIN

Humalog

DOSE DELIVERY

One version delivers in 1-unit increments, up to 21 units at a time. Another version delivers in 2-unit increments, up to 42 units at a time.

TOTAL CAPACITY 300 units

DETAILS

Pen is blue or green, depending on version. Dosing button is located on the side of the pen for easier injecting and handling. Spring-loaded mechanism requires less force for dose delivery. Dose selector has audible clicks to ensure proper dosage.



ELI LILLY BASAGLAR

KWIKPEN Disposable **INSULIN**

Basaglar

DOSE DELIVERY

1-unit increments, up to 80 units at a time

TOTAL CAPACITY 300 units

DETAILS

Pen is light gray, with a green ring on the end of the dose knob and green bars on the label.

ELI LILLY

HUMALOG **JUNIOR KWIKPEN**

Disposable **INSULIN**

Humalog U-100

DOSE DELIVERY

Half-unit increments, up to 30 units at a time

TOTAL CAPACITY 300 units

DETAILS

Pen is blue with orange label.

ELI LILLY

HUMALOG **KWIKPEN** Disposable

INSULINS

Humalog U-100 Humalog Mix 50/50 Humalog Mix 75/25 **DOSE DELIVERY**

1-unit increments, up to 60 units at a time

TOTAL CAPACITY

300 units **DETAILS**

Pen is blue, with different colored labels for various types of insulin.

ELI LILLY

HUMALOG **KWIKPEN U-200**

Disposable **INSULIN**

Humalog U-200 **DOSE DELIVERY**

1-unit increments, up to 60 units at a time. **TOTAL CAPACITY**

600 units **DETAILS**

Pen is dark gray with burgundy label.

ELI LILLY

HUMAPEN **LUXURA HD**

Reusable **INSULIN**

Humalog U-100

DOSE DELIVERY

Half-unit increments,

up to 30 units at a time **TOTAL CAPACITY**

300 units

DETAILS

Pen is green and made of metal.

NOVO NORDISK LEVEMIR FLEXTOUCH Disposable

INSULIN

Levemir

DOSE DELIVERY

1-unit increments, up to 80 units at a time

TOTAL CAPACITY

300 units

DETAILS

Pen comes in navy with a green label. Springloaded mechanism requires less force for dose delivery. There is an audible click at the end of the dose, but the full dose has not been delivered until the dose counter returns to zero.

NOVO NORDISK NOVOPEN

ECHO

Reusable **INSULIN**

NovoLog PenFill Cartridges

DOSE DELIVERY

Half-unit increments. up to 30 units at a time **TOTAL CAPACITY**

300 units

DETAILS

Pen is red with optional decorative skins. Memory function shows units of last dose and hours since last injection.

SANOFI APIDRA

SOLOSTAR Disposable

INSULIN

Apidra

DOSE DELIVERY 1-unit increments,

up to 80 units at a time **TOTAL CAPACITY**

300 units **DETAILS**

Pen is blue.

SANOFI LANTUS **SOLOSTAR**

Disposable **INSULIN** Lantus

DOSE DELIVERY

1-unit increments, up to 80 units at a time **TOTAL CAPACITY**

300 units

DETAILS

Pen is gray.



SANOFI TOUJEO SOLOSTAR

Disposable **INSULIN**

Touieo **DOSE DELIVERY**

1-unit increments. up to 80 units at a time **TOTAL CAPACITY**

450 units

DETAILS

Pen is off-white with a green label.

