

Snail sni' ta julbil li poxil Insulina li k'uxi k'un Ta Pasele (100 yepal/mL)

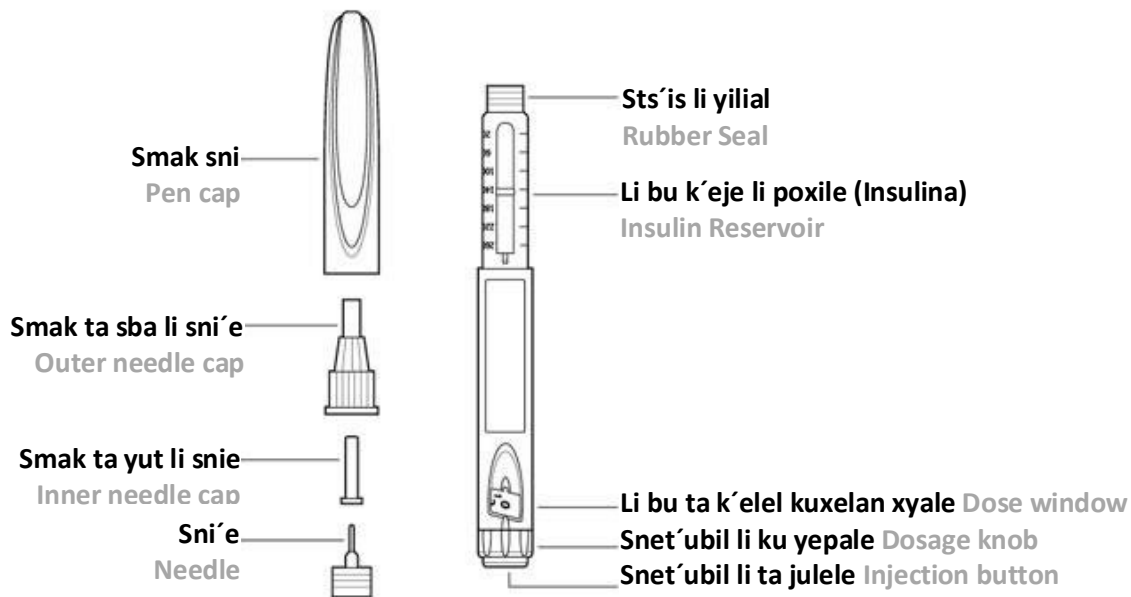
Long-Acting Insulin Injection Pen (100 units/mL) (Tzotzil)

Sbi li poxile: _____

Prescription name: _____

K'uxelan li yich'ojtal li sbenta insulina:

Insulin pen parts:



¿Bu stak' ta julba li ta insulina? Where do I inject the insulin?

- Ts'oto ta julbile li bu ak'bil ta sbeta li ta julbile #1-4 ta sjamleje:
 Rotate injections between injection spots #1-4 in the diagram:
1. **Ta a Ch'ut** (ja'no'ox 2 sjamlej ta joyob a pis) **Stomach** (except for the 2 inches around the belly button)

2. Ta sba tak chiuk ta xokonan a **vo tak** (mu me stak li nopol ta sjol a bakane)

Top and outside of **thighs** (except in the bony area close to the knees)

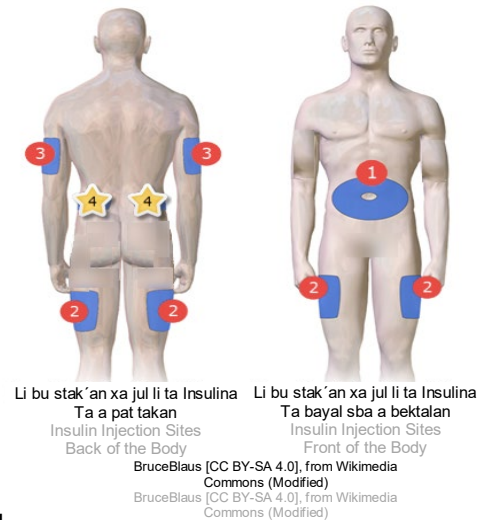
3. Ta xokonan a **k'obtak** (ja'lek me oy bocho ta sjulot li ta poxil li insulina)

Back of the **upper arms** (this might work best if someone else is injecting the insulin)

4. **Ta xokonan a pat o chiuk ta sba a chaktak**

(ti li'e ja lek ta julel ta yu'un li ololetike sbenta lek skom li poxil ta yut sbektale) **Lower back or upper buttocks** (this is the preferred injection spot in children for the best medication absorption possible)

- Julu ta insulina te ta jk'ol sbektal li ta yolon snukulile, mauk ta yipal. Inject your insulin into the layer of fatty tissue under the skin, not into the muscle.
- Mu xa jul ta jun no'ox yabil. Do not inject into the same spot every time.
- Mu xa jul ta bu oy xch'okal chiuk li bu tuch'aneme. Do not inject into moles or scars.



¿K'uxi ta julba li ta insulina? How do I inject the insulin?

Slikeb 1: Cha kel li insulina Step 1: Check the insulin

- Li snail me oy k'ejel ta bu sikubtasbile, lokeso tal bayuk 1-2 sjalil (horas) k'alal li sk'anto xa tunes. If your pen is in the refrigerator, take it out at least 1-2 hours before use.
- K'elo li ta sbi ti bu snail me ja'ti bu cha tunes li insulina. Check the label to make sure you are using the right insulin pen.
- K'elo sk'ak'alil li bakin xlaj xipal li ta 28 k'ak'al tsibtabil tal ta snaile. Check the 28-day expiration date written on the label.

- Lokesbo li smak snaile chiuk k´elo k´uxelan stalel li insulina li bu kejel talel li insulina. Remove the pen cap and check how the insulin looks in the insulin reservoir.
 - Mu xa tunes li insulina me sokeme, muyuk sak o me oy k´usi tik´ile.
Do not use insulin that is cloudy, not clear, or has any specks in it.

Chibal 2: Cha Tikbe li sni´e Step 2: Attach the needle

- Poko li smak ta uli´e ta jun spokal chiuk alcohol. Wipe the rubber seal with an alcohol pad.
- Lok´esbo li ts´is ta jot sbae li bu smak sni´oy-e. Remove the plastic seal on the end of the outer needle cap.
- Ts´oto o net´o (ja´ li k´uxelan chopukal sni´e) li sni´ta stuk´il li bu oy smak ta uli´e li ta sni´ snaile. Twist or push (based on the needle type) the needle straight onto the rubber seal of the pen tip.

Yoxibal 3: Cha pas bayuk xchanel me leke (o "net´obatel li bu jamal cha vile")

Step 3: Perform a safety test (or "air shot")

Li K´alal jujun julele: For each injection:

- Lok´eso jun batel 2 yepal (cha ts´ot li k´uxelan yepal ja to me la yak a bil 2 li bu ta k´elel li yapale). Select a dose of 2 units (by turning the dosage knob until it is pointing at 2 in the dose window).
- Lokesbo li smak ta sba sni´e (k´ejo) chiuk li smak sni´ ta yute (jipo batel ta k´aep). Take off the outer needle cap (save it) and the inner needle cap (throw it away).
- Li sni´sk´eloj muyel ta toyol, majo jutuk li insulina kucha´al slok´an li sboktak muyele. With the needle pointing up, tap the insulin reservoir to move the air bubbles to the top.
- Neto li snetubil julele k´alalto ta spajeb chiuk k´elo me oy chlok li insulina ta sni´e. Press the injection button all the way in and make sure insulin comes out of the needle.

- Me muyuk xlok´li insulina, cha´ paso ta 2 belta ja´ noox ta moj jun sni´. If insulin does not come out, repeat up to 2 more times with the same needle.
- Li insulina me muyuk xlok´ ta 3 belta, jelbo li sni´ e cha´ paso yanbelta. If insulin does not come out after 3 times, change the needle and try again.
- Me k´ alal ya jelbe li sni´ e muyuk xlok- o li insulina, o yik´ al boch´ emtale li snaile. If insulin still does not come out after changing the needle, the pen may be broken.

Xchanibal 4: K´elo k´u yepal Step 4: Select your dose

- K´elo li bu ta xak ta ilele oyuk ta "0" k´ alal me la pas me lek abile (jech sbi xtok "cha net´ ta jamal"). Check that the dose window shows "0" again after the safety test (also called an "air shot").
- Ts´oto li bu chal sbenta li ku yepal ta xa tunes li k´ uselan albital yepal li tsibtabile. Turn the dosage knob to the number of units that equals your prescribed dose.
 - K´elo ta k´un li mu xa-ta ta netel li bu sbenta julel k´ alal li cha kel ku yepale. Be careful not to push the injection button while selecting your dose.

Svobal 5: Cha Jul li k´u yepale Step 5: Inject the dose

- Kuso li bu yabil cha jul ta jun gasa chiuk alcohol malo k´ alal me takije. Clean the injection site with an alcohol swab and wait for it to dry.
- Tik´o ochel li sni´ k´ alalto ta spajeb li bu snukulile. Put the needle all the way into the skin.
- Net´o chiuk te malo k´u sjalil li snet´ ubil ta julel sbenta cha tik´ li k´u yepal cha vich´e. Press and hold the injection button to give the dose.
- Te neto´o li snetubil chiuk cha bati ta kun ja´to me la k´ot ta 10 k´ alal sk´anto xa lokes li sni´ ta a bektale. Keep the button pressed and slowly count to 10 before taking the needle out of the skin.
 - Mu xa pik li bu yabil la jul li ta insulina. Do not rub the spot where you injected the insulin.

Sbakibal 6: Lok'eso chiuk cha jip batel li sni'e Step 6: Remove and discard the needle

- Tik' o sutel li smak ta sba sni' e tuneso sbenta xu' xa lok' es tale li sni' ta snaile. Put the outer needle cap back on the needle and use it to remove the needle from the pen.
 - Cha lokesbe li sni' ta snail k' alal ta ju koj cha tune. Remove the needle from the pen after each dose.
 - Mu buchouk xa bak' be ta yantik li sni' chiuk li snail li insulina. Do not share needles or insulin pens with anyone else.
 - Mu xa cha tunes li sni' take. Do not re-use needles.
- Tik' o ochel ta jun tsoj snail li sni' bu a tunesoje ja li bu akbilot sbenta cha kejan li bu oyan snitake, me oy bu yan snailxu' xa kej li oyuk smake (jech kucha' al jun yabil shabon bu xokol la tunes ta a k' utake). Place the used needle in the red sharps container we gave you, or in a hard plastic container with a sealable lid (like an empty laundry detergent bottle).
 - Kejbo li snail li insulina muyuk tik' il li sni' e chiuk makaluk lek. Store the insulin pen without a needle attached and with the pen cap on.

¿Bu xu' jk'ej li snail li insulina? Where do I store the insulin pen?

- Xu' xa k' ejanan li snailtak li insulina li bu muyuk pikbil ta jun sikubtasbil (refrigerador). You can keep unused insulin pens in the refrigerator.
- Li snailtak li bu la pikanxae xu' xa bak ta bu lek no' ox k' ixnale ta sjalil 28 k' ak' ale k' alal ti la lik a tunesane. Keep in-use pens at room temperature for no more than 28 days once you begin using them.
- Me jelo li 28 k' ak' ale, jipo xa batel ta k' aep li snailan insulina li bu a tunesanojxae, me oy to jutuk li insulina te xa jip-o batel. After 28 days, throw away in-use insulin pens in the trash, even if there is leftover insulin in the pen.

- Mu xa k´ejan li snail insulina li bu k´ixin yabiltak o me ta xta´at jutuk ta xojobal jtetik. Do not keep insulin pens where there is direct heat or sunlight on the pen.
- Li snailtak li insulina oy patsubenan ta sikile, jipoxa batelan. If the insulin pens are frozen or overheated, throw them away.

Li ol tsotsik sbenta k´uxelan ta tunesel li snail insulina: Important tips for using the insulin pen:

- Tuneso li insulina sbenta li ta jaltik ta ak´ele jun no´ox belta ta k´ak´al, ta moj yorail chiuk ta skotol k´ak´al. Use the long-acting insulin once a day, at the same time every day.
- Jelanoli yabiltak ta jujuten li julele. Rotate your injection sites.
- Ta juju ten tuneso ach li sni´e chiuk kuso lek li bu yabil cha julane. Always use a new needle for each injection and clean the injection site before each dose.
- Atio ta k´unk´alalto ta 10 k´alal me la net li ku yepal ta julel cha tike k´alal li sk´anto xa lokes li sni´ ta a nukulile. Slowly count to 10 after pressing the dose button before you remove the needle from the skin.
- Me oy lok li insulina ta a nukuli k´alal la jule, mu xa bak yan. Ja no´oxna´olek yatiel li 10 k´alal tik´il li sni´ ta a nukil ta yan jkojele. If insulin leaks out of your skin after the injection, do not give another dose. Just be sure to keep the needle in the skin for at least 10 seconds next time.

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Li bocho' yakojtal lokombail: "[Parts of an Insulin Pen](#)" ta Hesham Elsayed (li bu la xich' taele "[Evaluation of Subcutaneous Glucose Monitoring Systems under Routine Environmental Conditions](#)" sveal ResearchGate)

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