Vitelize

Injector-pen instructions

Confirm your prescription first

Your actual dose is confirmed by your clinician during the virtual consultation, not by Vitelize. Follow your prescription label and dispensing pharmacy’s instructions.

Use the matching device and concentration

The following supplied guide contains device-specific examples. Do not copy a unit setting, concentration or dose from it unless your clinician or pharmacist confirms it matches your prescription and pen. Do not convert between units and milligrams yourself.

A month label is not a dose instruction

The numbered guides are reference material, not an automatic dose-increase schedule. Only your clinician can decide whether and when to change your dose.

Need help?

For dose, side-effect, device or storage questions, contact your clinician or dispensing pharmacy before administering medication. For help reaching your care team, email info@vitelizehealth.com. For an emergency, call 911.



Follow all nine steps in order.

Use a new needle for every injection and review the dispensed product label before each does.

1 Gather Your Supplies



- Injector pen
- Compatible pen needle (in package)
- Alcohol prep pad

2 Check Your Pen



Verify the pen label, patient-specific directions, concentration, and prescribed weekly does before use. Turn dial clockwise to increase the units to the prescribed dose.

3 Attach a New Needle



Remove the outer cap and wipe the end of the pen with an alcohol wipe and let it dry. Next, open the needle package, press the pen into the needle until it stops. Then turn clockwise until firmly attached.

4 Remove the Needle Caps



Remove the outer needle cap and save for later. Remove the inner needle cap and discard.

5 Prime the Pen (Flow Check)



Before the first injection from a newly prepared pen, perform the device flow check/prime by dialing the pen to 1 unit. Keep the pen needle pointing upward, depress the dial, and confirm medication appears at the needle tip before dosing.

6 Set Your Dose



Turn the dose knob until the red indicator lines up with your prescribed number of units. The pen delivers in 1-unit increments; **1 unit = 0.01 mL.**

7 Inject Your Dose



Using the clinic-approved injection technique, first clean the injection site with an alcohols pad and let skins dry. Next, insert the needle subcutaneously and fully depress the dose button and keep the needle in place for 5-10 seconds before withdrawing.

8 Remove and Dispose



Remove the needle after each injection and discard it in an approved sharps container. Replace the pen cap cover

9 Store Your Pen



Keep pen refrigerated between uses

Products are available only through licensed medical professionals. Information on this sheet is educational and is not intended to diagnose, treat, cure, or prevent any disease. Statements have not been evaluated by the FDA.