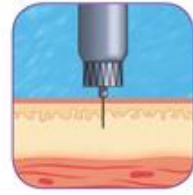


Correct Injection Technique

Injection Technique

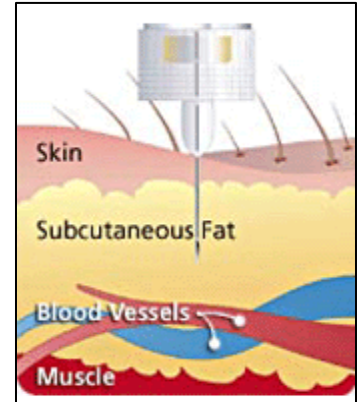
No pinch-up technique required.

Inject "straight in," at a 90° angle, flush with skin for easy injection at all sites. Hold the needle in the skin while slowly counting up to 10.



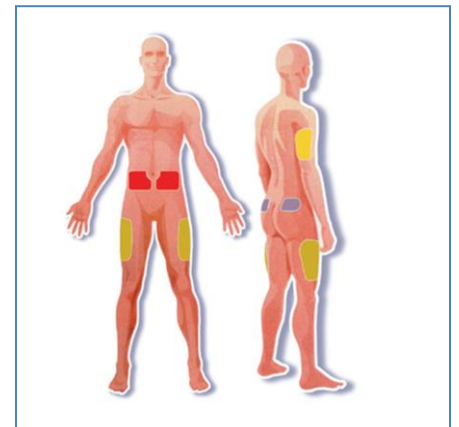
Am I injecting properly?

You should only inject into the fat layer (also called subcutaneous tissue) just below your skin and not into your muscle. Getting insulin to the right place is important to help control your blood sugar.



Am I rotating properly?

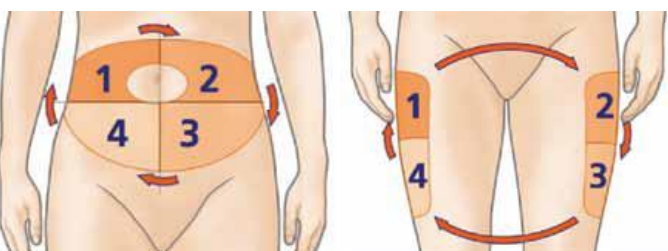
There are four areas on your body that are generally used for injection: abdomen, thighs, buttocks and arms. You need to be able to reach them easily, and be comfortable making your injection. Talk about a plan



Rule #1

Rotate between injection sites

For example, divide the injection site into quadrants or halves (if using thigh or buttocks). Use a different quadrant each week and then rotate clockwise



Rule #2

Rotate within injection sites (i.e. don't inject in exactly the same spot each time.)

When it's time to inject again, choose a different spot within the area that is at least 1 inch away from the last spot.

