

My guide to injecting my diabetes medication*

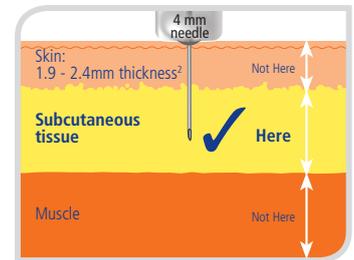
Injecting can be more comfortable

Injecting yourself a number of times a day doesn't have to be a pain. Whether you have been injecting for years, or you're new to injecting, you may have some things to learn about injection technique (IT). The good news is IT isn't as hard as you think. Here's a checklist to talk about with your healthcare professional.



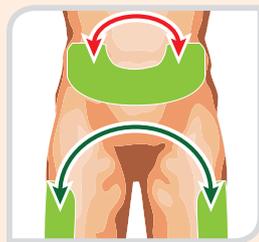
Am I injecting properly?

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 glucose.¹



Am I rotating properly?

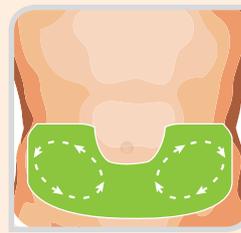
There are four areas on your body that are generally used for injecting: abdomen, thighs, buttocks and arms.¹ You need to be able to reach them easily, and be comfortable making your injection. Talk about a structured rotation plan with your healthcare professional.



Rule 1:

Rotate between injection sites

For example, divide the injection site into quadrants (or halves if using your thigh or buttocks). Use a different quadrant each week and then rotate clockwise.¹



Rule 2:

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

When it's time to inject again, choose a different spot within the area. If you imagine a grid drawn on the skin, you're aiming to move at least 1 cm away from the last injection point.¹



What are "lipos"?

If you re-inject in the same place within a site, the tissue underneath may start to harden forming unsightly lumps often called "lipos" – a condition called lipohypertrophy. Lipos may prevent insulin from working properly. Avoid injecting into the lipo area and remember to recognize, rotate and replace!¹



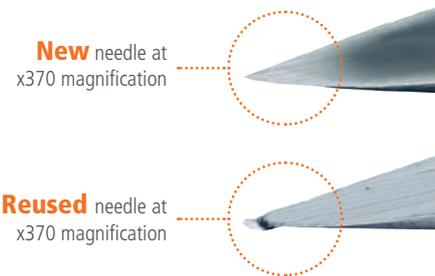
Am I using a new needle every time?

It is important to remember that **pen needles are for one-time use only**. Re-using needles can cause pain, needle deformation, skin damage, lipos and dose inaccuracy.^{1,3} Use a new needle every time.^{1,3}



Am I using the right needle length?

Using the correct needle length can assist with insulin injection and overall comfort. A short needle, such as 4 mm may be recommended to you by your healthcare professional. When using a 4 mm needle, it may be possible to use a simple, one-handed injection for all injection sites: arms, thighs, abdomen and buttocks.¹



Photographs from Dieter Look and Kenneth Strauss: "Nadeln mehrfach verwenden?" *Diabetes Journal* 1998, 10:S.31-34.



Am I waiting long enough?

It is important to wait at least 10 seconds (or as per pen manufacturer's instructions) after your insulin has been fully injected to ensure you get your full dose.¹ A simple way to allow the right time before you take the needle out is to count "One Mississippi" all the way up to "Ten Mississippi."

*These are general recommendations. For more details consult your Diabetes Educator.

Steps to inject insulin*

1. Mix your insulin^ (only for NPH and insulin Mix)

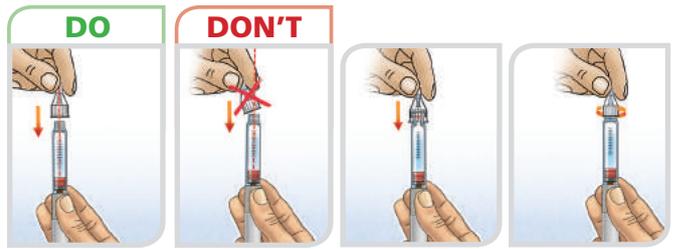


Roll the pen between the palms of the hands and gently tip it over at least 20 times.

^Always follow the instructions for use provided by the insulin manufacturer

Visually check if there are any crystals left at the bottom of the cartridge.

2. Set up a new needle on your pen



Always screw the needle on straight.

Screw the needle tightly onto the pen.

3. Prime the pen and dial up your dose*



Before each injection, dial a minimum of two units and prime the insulin pen with the needle pointing upwards. Repeat this step until a drop of insulin appears on the tip of the needle to:

- Remove air bubbles
- Ensure the system is working properly

Then dial up your required dose for injection.

*These are general recommendations. For more details consult the pen manufacturer's instructions.

4. Insert the needle and hold



Insert the needle into the injection area and push the plunger all the way to zero to give the dose.



To ensure the full dose is delivered, it is important to hold the needle under the skin for at least 10 seconds.

5. Dispose of your used pen needle



After each injection, the needle should be removed and disposed of in a sharps collector.

Talk to your Diabetes Educator or Doctor about your needle length and if you have any more questions about your injection technique. Make sure you review your injection sites at your next appointment.

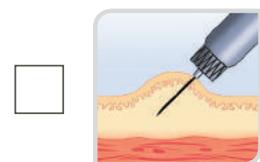
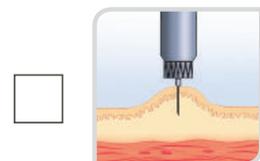
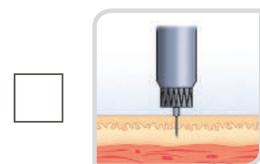
Length and Gauge of BD Needles



Recommended Needle Length



Recommended Injection Technique



Offered for Educational purposes. For distribution by healthcare professionals. Intended to provide information to people with diabetes. The needle sizes are for illustrative purposes only and do not reflect actual size.

Australia: 4 Research Park Drive, Macquarie University Research Park, North Ryde, NSW. 2113. Toll free telephone: 1800 656 100.

New Zealand: 8 Pacific Rise, Mt Wellington, Auckland, New Zealand. Toll free telephone: 0800 572 468.

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References: 1. Frid A, Hirsch L, Gaspar R, et al. *Diabetes Metab.* 2010; 36: S3-S18. 2. Gibney M, Arce C, Byron K, et al. *Curr Med Res Opin.* 2010; 26(6): 1519-1530. 3. Misnikova I, Dreval A, Gubkina V, Rusanova E. *J Diabetol.* 2011; 1(1).

