

My 4mm or 5mm Pen Needle Injection Profile

1

When to Take	Hour	Dose
Morning		
Lunch		
Dinner		
Evening		

2

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.



3

Site Selection

The no pinch injection technique using 4mm and 5mm pen needles makes it easier to inject in the upper arm  and buttocks .



Upper Arm



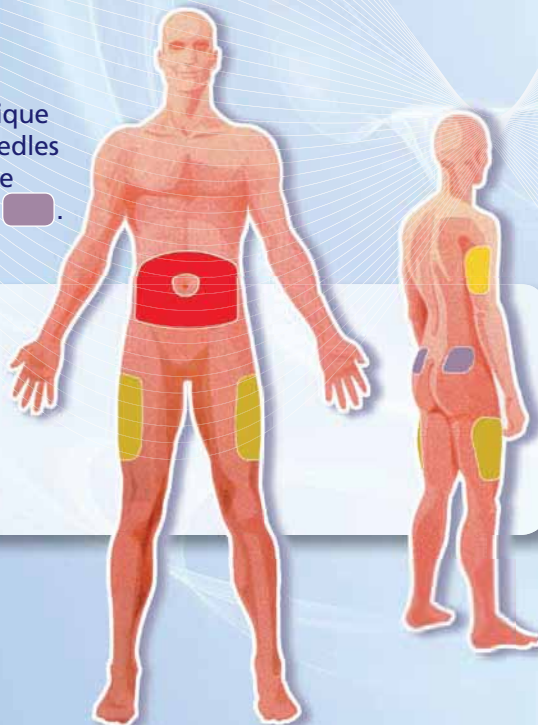
Thigh



Abdomen



Buttocks



4

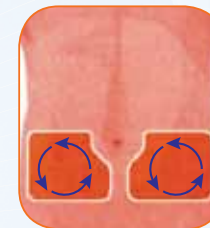
Healthy Injection Practices

Educating patients about good injection technique from the beginning will help them maintain healthier injection sites.

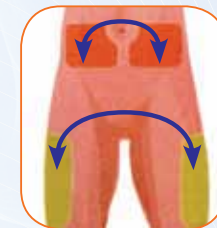
Site Rotation:

Always use a new injection site:

Move the place of the injection by about a finger's width from last injection point. Change sites every _____ weeks. Gives each injection site the opportunity to recover properly.



Rotate within sites



Change sites

Reuse:

Always use a new and sterile needle:

If you reuse a needle, you should be aware that it is no longer sterile. Also, insulin needles are finely ground and lubricated and reuse leads to needle tip damage. Always using a new needle reduces tissue trauma caused by dull, bent or blunt needles.

Please refer to our brochure titled "Protect your insulin to ensure dose accuracy" to learn how recapping your pen with the needle still attached can impact the accuracy of your dose.

If you have any questions or concerns about injecting, call BD customer support at 1.888.232.2737

EST. Please visit our website at www.bd.com/us/diabetes.

