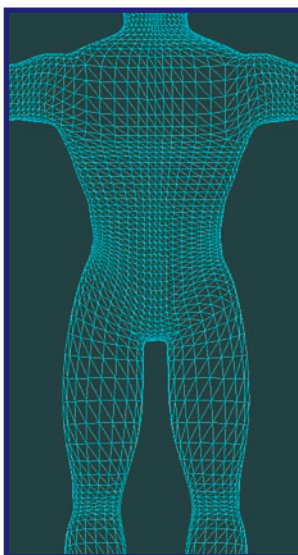
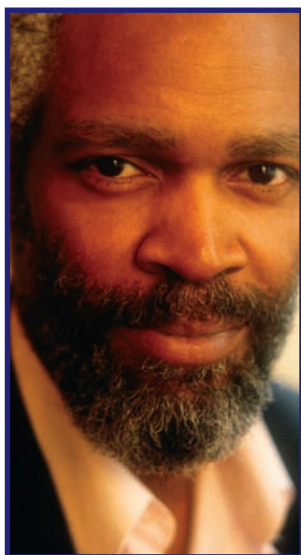


*My Doctor Says I Need to Inject
Insulin In Special Sites...*

Which Ones Should I Use?



BD

Helping all people
live healthy lives

BD Getting Started™

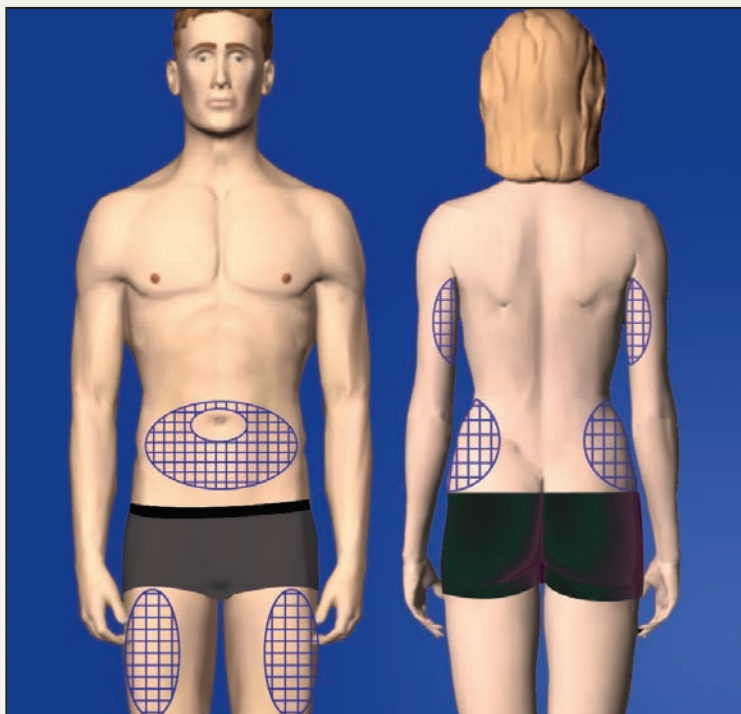
Site Selection

You need to know where to inject insulin so that your injections will be easier, safer and more comfortable. The information and pictures in this guide will help you select sites to inject your insulin.

- *An insulin injection is given in the fatty area under the skin and above the muscle. After you inject insulin, it moves into the blood where your body can use it. It moves into the blood most quickly when you inject into the abdomen (stomach area). It moves into the blood most slowly when you inject into your hip area. Ask your nurse about the best site for your injection.*

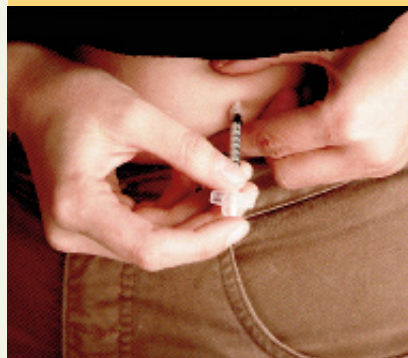
SELECTING A SITE

This picture will show you where to inject your insulin safely. These sites are the same for men and women.



ANGLE OF INJECTION

It is best for most people to use a 90 degree angle to inject insulin, which looks like this:



If you are thin, your nurse may want you to use an angle between 45 and 90 degrees, which looks like this:



If you notice a bump at the site after injecting your insulin, you may not have used the best angle for you. Ask your nurse for help as soon as you can.

MOVING INJECTION SITES

- Inject your insulin in the same general area for 1-2 weeks. Each time you inject in that area, put the needle into a different spot. At the end of 1-2 weeks, move to another area of your body.
- If you are very thin or have a lot of muscle, your nurse may **not** want you to use your arms or legs. Ask your nurse about this.
- It is **not** a good idea to use only your arms or legs. There is not enough room to move around in these small areas.
- Some people use only their abdomen (stomach area). If you do this, inject in a new spot each time you inject. Try to use each spot only once a month.

MOVING INJECTION SITES (continued)

- It is best to inject in the same area for 1-2 weeks. It is not a good idea to change from your arm one day and to your abdomen (stomach area) the next day. Changing injection areas every day may cause your blood sugar to go up and down. This happens because insulin moves into your blood at different rates in different areas of your body.
- Inject your insulin into a different spot every day. Injecting consistently in the same spot can cause a thick area under the skin. If you inject into this thick area, your insulin may not work when it is needed. Moving your injection sites will help stop these thick areas from forming under the skin.
- Sometimes there is a small amount of bleeding after you inject your insulin. Do not **rub** this spot. Press your finger or alcohol swab over the spot where you have injected your insulin. It may prevent a bruise. A bruise or small amount of bleeding will not affect your insulin injection. You should not inject insulin within that area until the bruise is gone.

Exercise

- When you plan to exercise using a lot of energy for a long time, you should ask for special advice from your nurse.
- Generally, avoid injections into areas that will be exercised. For example, if you plan to play tennis and you are right-handed, you may want to inject in your left arm or into your abdomen (stomach area). Insulin injected into an arm or leg acts faster when you exercise those areas. This may cause low blood sugar.



For comfort and safety, use insulin needles only once.



Used
needle
magnified
370 times



Same used
needle
magnified
2000 times

Photographs showing the type of damage that can occur with needle reuse.*

Today's insulin needle is thinner and more delicate for greater comfort, so needle re-use can damage the tip and cause injury. Use only once.

Needle re-use can:

- Dull or bend the tip, causing bleeding, bruising, or scarring
- Increase the risk of the needle breaking off in the skin
- Increase the risk of infection because the needle is no longer sterile

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

Why is Proper Disposal Important?



Proper syringe disposal will help to:

- Prevent others from injury and possible infection
- Protect trash collectors from accidental needlesticks
- Prevent your used syringes from falling into the wrong hands
- Protect the environment

How to Properly Dispose of Your Used Syringes

FIRST, check your town or trash removal company for safe disposal of your used syringes and lancets. A good place to call may be your local health department. Never throw loose syringes or lancets into the trash. The following guidelines may be helpful:

destroy

(Only follow these guidelines if you are destroying your own syringes.)

- Never throw loose syringes or lancets into the trash.
- Clip the syringe needle with a clipping device such as the BD Safe-Clip™ device which stores a year's supply of needles.



contain

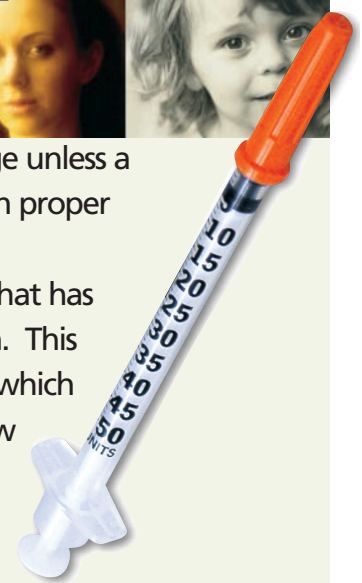
- Put your syringe and used lancet into a sharps collector or hard plastic or metal container with a screw-on or tightly secured lid.
- Keep this container away from children.
- When the container is full, seal the lid securely and dispose of properly.
- Do not put the filled container into the recycling bin.
- Do not recycle syringes or lancets.



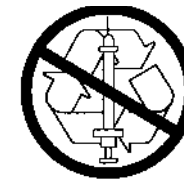
someone else's syringe



- Never handle someone else's syringe unless a healthcare professional trains you in proper injection technique and disposal.
- Don't try to recap or clip a needle that has been used by or on another person. This can lead to accidental needlesticks which may cause serious infections. Follow the "CONTAIN" guidelines on the previous page.
- If you have any questions about throwing away syringes or lancets, call BD toll-free: 1.888.BD CARES (232.2737).*



* NOT FOR EMERGENCY OR MEDICAL INFORMATION



**remember,
syringes are NOT recyclable.**

Other Important Information

- Read **Drawing and Injecting Insulin and Mixing Insulins** if you need more information.

BD provides this brochure for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this brochure.

Patient Information:

Name

Today's Date

Doctor

Phone Number

Nurse Educator

Phone Number

Nutrition Educator

Phone Number

Insulin: You should take the following dose of insulin at the times listed below

Type of Insulin

Time of Day

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Contact your Doctor or Healthcare Team:

BD

1 Becton Drive
Franklin Lakes, NJ 07417
1.888.BDCARES (232.2737)*
www.bd.com/us/diabetes