

Win

Against
Diabetes



Insulin

Site Rotation

TIPS FOR INSULIN INJECTION SITE ROTATION

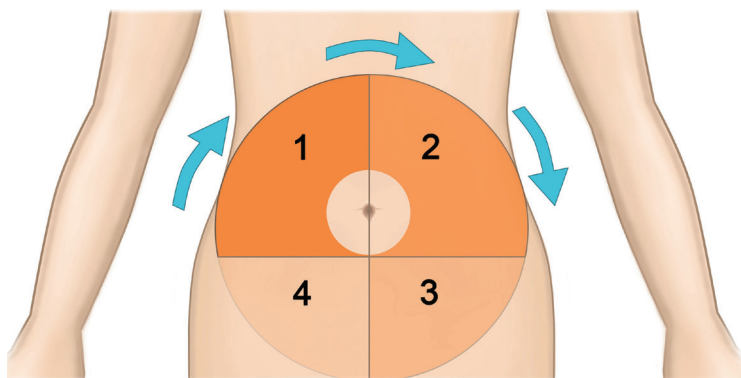
It is important to rotate your insulin injection sites in order to prevent lumps and hardened tissue from developing. Injecting into lumps or hardened tissue will affect the absorption of insulin and make it less effective.

Inject Insulin into the Fatty Layer Under Your Skin

- Insulin needs to be injected into the fatty layer beneath the skin and not into the muscle below the fatty layer, as muscle absorbs insulin too quickly.
- Insulin is absorbed quickest and most consistently from the abdomen, followed by the arms, the thighs, and the buttocks.

Move 2 Fingers Along From Your Last Insulin Injection Site

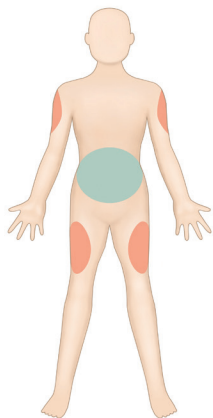
- Rotate injection sites by moving **2 fingers' breadth** along from your last injection site until you have used an entire area.
- Move to a new injection area every week or two (see figure below).



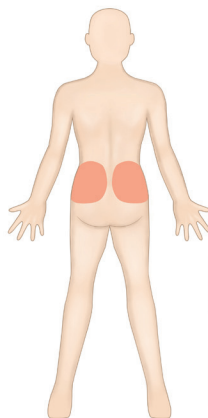
Rotate injection sites by moving 2 fingers' breadth apart from the last injection site. Use an entire area before moving to a new area.



INSULIN INJECTION SITES



Front



Back



Areas to avoid

- ✗ Do not inject close to the **navel**, as insulin absorption will not be as consistent.
- ✗ Also do not inject close to **moles, scars, or hardened areas**.
- ✗ Do not inject in an **area that will be exercised** soon. Exercising increases blood flow, which causes insulin to be absorbed at a rate that is faster than usual.



Best spots on your upper arm and thigh to inject insulin

- ✓ If you inject in the **upper arm**, use only the **outer back** area (where there is more fat) and use a shorter needle.
- ✓ If you inject in the thigh, use a shorter needle and **avoid using the inner thighs**.

Other tips for insulin injections

- In general, a 4-5 mm needle length should be sufficiently long to traverse the skin into the fatty layer beneath.
- Use a new needle with each injection to avoid scarring and the risk of infection.



**More topics are available in the full
Win Against Diabetes booklet.**

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