

WHY DO YOU NEED TO INJECT DIABETES MEDICINE?

Insulin helps your body move sugar from your blood into your cells where it makes energy. Without insulin, your blood sugar level becomes too high. If it is not lowered, you may have serious health problems. Your pancreas makes insulin, but people with diabetes

have trouble making their own insulin and need to inject it daily. You also need to inject it if your body needs help moving sugar from your blood into your cells. Other injectable diabetes medications prevent your blood sugar from going too high after you eat a meal or snack.

HOW DO YOU INJECT YOUR MEDICINE?

1. Make sure skin is clean.

2. Pinch the skin: Pinch a 1 to 2 inch portion of skin and fat between your thumb and first finger.



3. Push the needle into the skin: With your other hand, hold the syringe or pen at a 90-degree angle to the skin and insert the needle with one quick motion. Make sure the needle is all the way in.

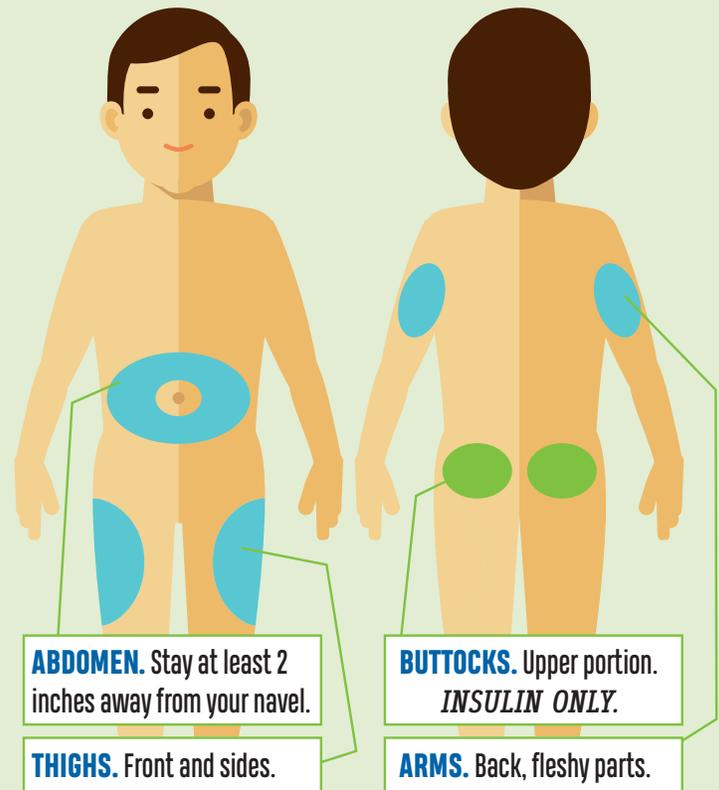
4. Inject the medication: Let go of the skin pinch, then inject the medication. Push the plunger with your thumb at a nice, steady pace until all the medication is injected. For a syringe, keep the needle in the skin for 5 seconds. For a pen, keep the needle in the skin for 10 seconds.

5. Pull out the needle: Remove at the same 90-degree angle which you inserted the needle. Press injection site with your finger for 5-10 seconds to keep medicine from leaking out.

6. Remove the needle: If using a pen, replace the large cover to unscrew the needle from the pen. Dispose of your used needle: It is important to protect yourself, your family, sanitation workers and pets from accidental needle sticks. Do not recap syringes before throwing them away. Place used syringes and pen needles in a thick plastic container (sharps container, empty detergent bottle, etc.). When nearly full, close the container tightly with a screw-on cap, then tape it shut. Dispose according to guidelines of your local sanitation department.

WHERE DO YOU INJECT YOUR MEDICINE?

Insulin and other injectable diabetes medications are meant to be injected into the fat layer just under your skin. Check the information on your medication package for the right places to inject. The chart below also shows some good places to inject your medicine. You can choose where, but stick with the same area for best results. Use different injection spots within that area because injecting into the same spot too often can cause skin problems. Give your injection sites time to heal.



Ask your doctor, pharmacist or diabetes educator for more help with injecting your medicine!