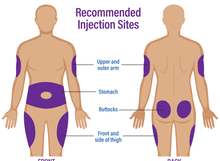
STICKING IT TO DIABETES

Insulin Injection Guide

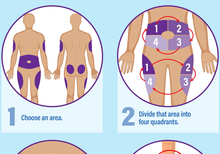
Tips for injecting insulin

- You can inject your insulin into your stomach, thigh, arm, buttocks
- Be sure to inject in a different spot each time you inject; this is called rotating your injection site

Recommended Injection Sites



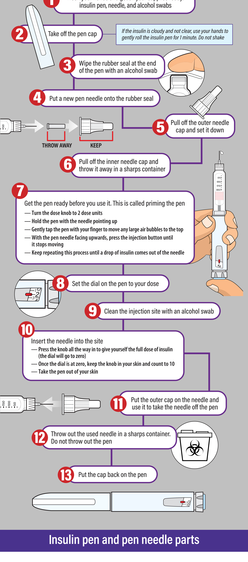
How to rotate injection sites



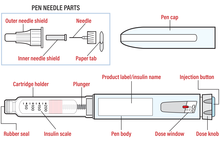
- Do not inject into bruises or scars
- Shorter needles work best for most people
- When done, throw out your needle and syringe in a hard plastic container or a container that says it is for needles and syringes (a sharps container)

How do I use an insulin pen?

Watch how to use an insulin pen
Cleveland Clinic Insulin Pen Video

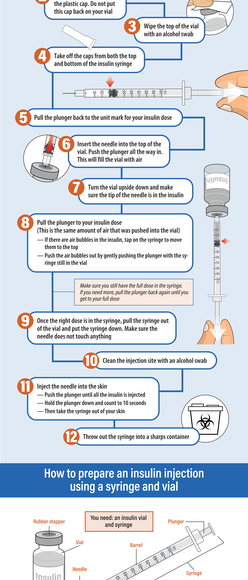


Insulin pen and pen needle parts

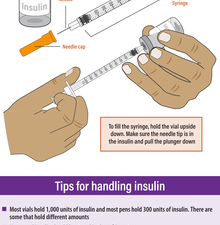


How do I inject an insulin syringe?

Watch how to use an insulin vial and syringe
Cleveland Clinic Insulin Vial and Syringe Video



How to prepare an insulin injection using a syringe and vial



Tips for handling insulin

- Most vials hold 1,000 units of insulin and most pens hold 300 units of insulin. There are some that hold different amounts
- Unopened insulin should be stored in the refrigerator
- Do not freeze insulin
- Once open, insulin can be stored at room temperature
- Most insulin is good for 28 days at room temperature
  — After 28 days, it should be thrown out
  — Some long-acting insulins can be kept at room temperature for up to 56 days
- Insulin should be at room temperature when injected
- Make sure your insulin does not get too hot
  — Don't leave it outside in the sun or in a hot car. It may not work as well if it gets too hot