



How to inject your diabetes medication: The 5 Golden Rules¹

For adults and children

The correct injection technique can help you
achieve better control of your diabetes.¹

A new approach to your injections¹



If you inject diabetes medication, you should know how important correct injection technique is for effectively managing your diabetes. Your pen needle or syringe, type of medication and rotation of injection sites all play a critical role which can lead to better treatment results.¹

The following Golden Rules can help you better manage your diabetes.¹

Golden Rule 1:

Always **inject into the healthy fatty layer** under your skin¹

For your medication to work properly, it needs to be injected into the fatty layer under your skin, avoiding the muscle.²

It is also important to use a new site for every injection. Do not inject into the same injection site repeatedly.¹

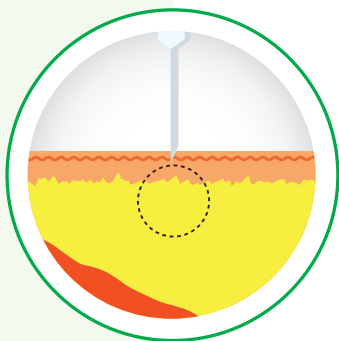
If you inject into the muscle, a scar, or any area where your skin feels thick or lumpy, your medication may not work the way it's supposed to and may lead to changes in your blood glucose levels.^{1,4}



Did you know?

On average your skin is only 1.9mm to 2.4mm thick, so you don't need a needle much longer than that to reach the fatty layer.²

Ask your healthcare professional about the BD Micro-Fine™ 4mm Pen Needle to help you manage your diabetes.



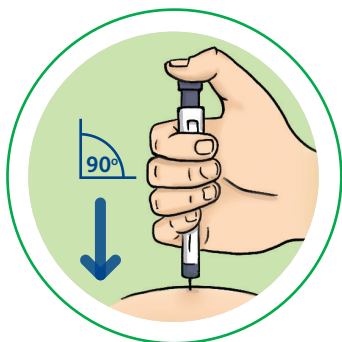
Golden Rule 2:

4mm pen needles, inserted at 90°

are recommended for all
adults and children^{1*}

A 4mm pen needle is considered the safest for adults and children - regardless of your age, sex, ethnicity or body weight.¹

This is because a 4mm pen needle is short enough to pass through the skin with little risk of injecting a muscle.¹



Because it's so short, you can inject a 4mm pen needle straight into your skin at 90 degrees without a skin fold.^{1*}

Ask your healthcare professional

The BD Micro-Fine 4mm Pen Needle -
the recommended pen needle
length for all adults and children.¹



¹ Children 6 years and under and very thin adults should perform a skin fold and inject at 90°. Note that a 2-finger skin fold usually prevents injection into the muscle in children, but is much less effective in the thigh than in the abdomen.¹

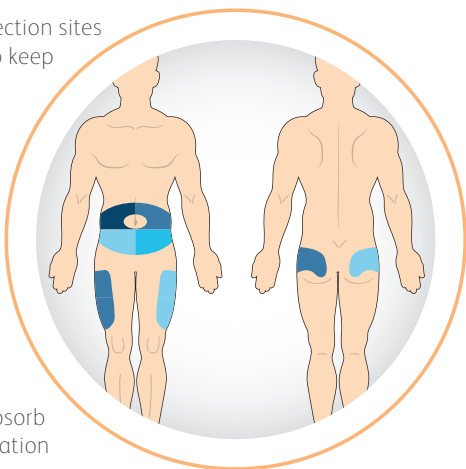
Always consult your Healthcare Professional regarding treatment of your Diabetes.

Golden Rule 3:

Inject your medication into areas on your **abdomen, thighs, and buttocks**¹

Rotate your injection sites properly to help keep all of your sites and skin tissue healthy.¹

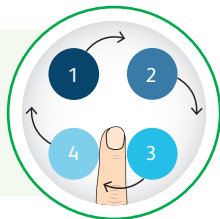
Injection sites can be rotated from one body area to another however your abdomen, thighs, and buttocks can absorb diabetes medication differently.¹



Talk to your Healthcare Professional about developing an injection site rotation plan that works for you.

Remember:

Inject one finger-width away from your last injection. A single injection site should not be used more than once every 4 weeks.¹



Golden Rule 4:

Check your injection sites for lumps and bumps¹

Thickened skin or rubbery lumps and bumps can build up in the fatty layer under the skin at your injection sites.⁴

Do not inject into these lumps and bumps. These areas are called 'lipos'.¹

You should check your injection sites for these lumps and bumps on a regular basis. If you inject into these lumps and bumps, your medication may not control your diabetes the way it's supposed to.¹



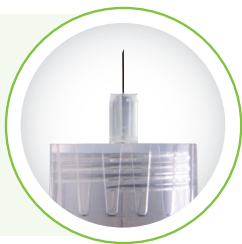
To avoid developing these lumps and bumps, be sure to:¹

- Inject your medication into a new site with every injection.
- Use a new needle for every injection.

Your healthcare professional should also help you check for them, and mark any lipos that are of concern.¹

Always use a new needle

to avoid developing lumps and bumps that can affect how your medication is absorbed. Using a new needle every time you inject can also help minimise pain.⁴

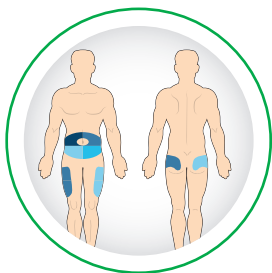


Golden Rule 5:

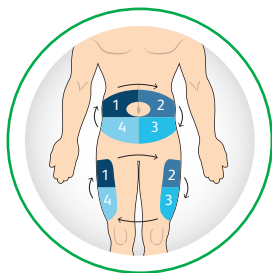
Rotate your injection sites properly¹

It's important to rotate your injection sites to retain healthy skin and reduce your risk of developing lumps and bumps (lipos).¹

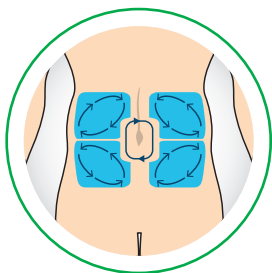
When you rotate your injection sites properly, your skin can heal between injections.¹



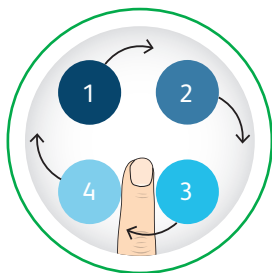
1. Choose an area.



2. Divide that area into four quadrants.



3. Select a site within a quadrant to start injecting. Use one quadrant per week.



4. Inject one finger-width away from your last injection.

Adults: Inject approximately 1 cm away from the belly button if using a 4mm or 5mm pen needle length.

Children: Insert the needle 2 adult fingerbreadths away from the belly button, and avoid any protruding bones.

If using a longer pen needle consult your healthcare professional.

Try not to use an injection site more than once every four weeks.¹

The BD Micro-Fine 4mm Pen Needle

Healthy injection habits and a comfortable injection experience can make a real difference

- BD's smallest, thinnest pen needle is suitable for most people with diabetes^{1,5†}
- Fits all leading diabetes medication pens.[‡]



† Compared to standard BD thin wall pen needles.

‡ As of January 2017.

References:

1. Frid AH, Kreugel G, Grassi G *et al.* *Mayo Clin Proc.* 2016;91(9):1231–1255.
2. Gibney MA, Arce CH, Byron KJ *et al.* *Curr Med Res Opin.* 2010;26(6):1519-1530.
3. Johansson UB, Armsberg S, Hannerz L *et al.* *Diabetes Care.* 2005;28:8:2025–2027.
4. Blanco M, Hernandez M, Strauss K *et al.* *Diabetes Metab.* 2013; 39(5): 445-53.
5. Aronson R, Gibney MA, Oza K *et al.* *Clin Ther.* 2013;35(7):923–933.

Provided to healthcare professionals for distribution to people with diabetes for educational purposes.

Always consult your Healthcare Professional regarding treatment of your Diabetes.

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