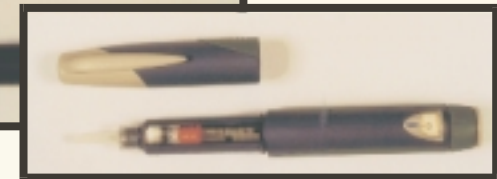
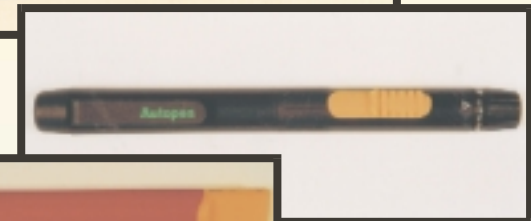


If you have a problem
please do not hesitate to contact

Your own GP
Diabetes Team

Injecting Insulin



Injecting Insulin

The nurses will show you how to do your injections. Insulin is injected through a layer of skin rather than muscle and you will be shown how to 'pinch up' so that the needle injects into the correct area.

The sites recommended for injections are:



The top and side of legs



Abdomen



Buttocks



Tops of arms (but if you are small or slim you may not be able to use this area)

You need to make sure that you use a different area each time you inject as sites used too often become lumpy and thick so that insulin is not absorbed properly.

You will have the choice of injection pen so that you can choose the right one for you. The instructions are very clear and you will be given a spare in case of accidents!

Always tilt your insulin cartridge or vial about 20 times to ensure thorough mixing of the solution.

There are various sizes and lengths of needle made to suit you. It is important that you have the right size, always ask the Diabetes Specialist Nurse or Doctor if you are not sure.

As long as your skin is not dirty it is not necessary for you to wash the area you are injecting into. Choose a quiet corner for your injection if possible, but you may like to have a favourite CD or piece of music playing in the background. Store the insulin you are not using the refrigerator but keep the insulin in your pen at room temperature in a safe place.

When you are first diagnosed with diabetes you are prescribed a starting dose of insulin. However this will alter depending on your blood sugar results and lifestyle.

At first the doctors and Diabetes Specialist Nurse will be able to advise you on how and when to adjust your insulin but as time goes by you will become expert in this yourself.