Injection Technique. The basics.

Preparing for injection

1. Clean injection site and hands. (alcohol is not required)

2. Gather supplies. Including your pen, insulin and pen needles.

3. Mix cloudy insulins: roll 10 times, then tip 10 times to see milky white consistency.

4. Prime your pen. Prime pen upwards with 2 or 3 units as per pen instructions. Repeat if needed until drops come out. (GLP-1 pens only need to be primed the 1st time you use them)

5. Use pen needles and syringes only once.

Injecting

7. Choose injection site. (Injection into the back of your own arm is not recommended)

8. Rotate between injection areas


Remember

8. Rotate within injection zones

Dispose

10. Withdraw the needle from the skin. Remove pen needle and dispose of it in an approved sharps container.

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<table>
<thead>
<tr>
<th>Children (2-6 years)</th>
<th>Children (&gt;6 years) &amp; Teens (slim)</th>
<th>Children (&gt;6 years) &amp; Teens</th>
<th>Adults (slim)</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>4mm</td>
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<tr>
<td>5mm</td>
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<tr>
<td>6mm (pen or syringe)</td>
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<tr>
<td>8mm</td>
<td>Preferable to use shorter pen needles and syringes</td>
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<tr>
<td>8mm (pen or syringe)</td>
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<tr>
<td>12.7mm</td>
<td>Not Recommended</td>
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</tbody>
</table>

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## Did you know?

There is a correct, and incorrect way to perform a skin lift. Delicately lift the skin and subcutaneous tissue, or fatty layer, between your thumb and index finger, leaving the muscle behind.

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**References:**


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