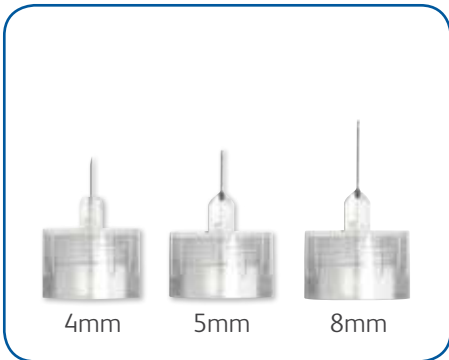


# Injection technique recommendations<sup>1</sup>

Follow these recommendations for a comfortable and effective injection.<sup>1,5#</sup>

The correct injection technique can help you manage your diabetes more easily.<sup>1,5</sup>



## Use a short needle

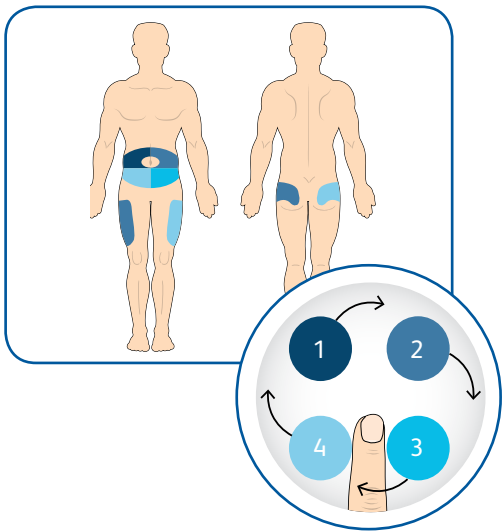
- Use a 4mm or 5mm pen needle to ensure your medication is delivered into the fatty layer below the skin surface, avoiding the muscle.<sup>1</sup>
- Injecting your medication into a muscle can make your medication work too quickly causing low blood glucose levels.<sup>1</sup>
- Short needle lengths (4mm and 5mm pen needles) are recommended for adults, children, and those who are overweight.<sup>1</sup>



## Use a new needle for every injection

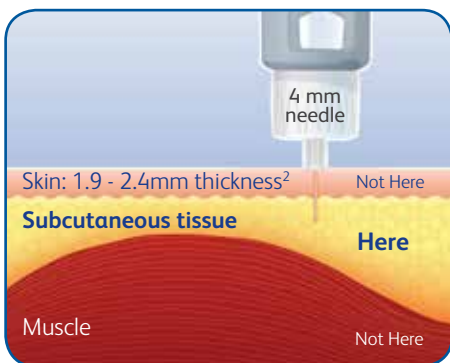
- Use pen needles and syringes once and discard after use.<sup>1</sup>
- Do not leave pen needles attached to your medication pen. Air and contaminants can affect dose accuracy and your blood glucose levels.<sup>1</sup>
- Re-using needles can increase the risk of:
  - needles bending and breaking, which can affect the delivery of your medication.<sup>2,3</sup>
  - pain and discomfort, which may result in bruising and bleeding.<sup>3,4</sup>

# Injection technique guidelines



## Rotate your injection sites properly

- Recommended injection and infusion sites are the abdomen, thigh, and buttocks.<sup>1</sup>
- Always inject at least one finger-width away from your previous injection site.<sup>1</sup>
- If you inject into the same site, you may develop fatty lumps and bumps at your injection site which may stop your medication working properly.<sup>1</sup>
- Talk to your healthcare professional about an injection site rotation plan.<sup>1</sup>



## Check your injection technique<sup>^</sup>

- Use a new needle for every injection.
- Don't push the needle hub in so deeply that it indents the skin. This may inject your medication into the muscle.<sup>1</sup>
- Use a new injection site for every injection.<sup>1</sup>
- Depress the plunger slowly and fully to ensure all your medication is injected.<sup>1</sup>
- Count to 10 after the plunger is fully depressed before removing the needle.<sup>1-^</sup>

## The BD Ultra-Fine™ 4mm Pen Needle with EasyFlow™ Technology

- 5-bevel needle tip ensures a more gentle and comfortable injection experience.<sup>5</sup>
- Less effort and time to inject for people with hand strength issues.<sup>4</sup>
- BD's smallest, thinnest pen needle is suitable for most people with diabetes.<sup>1</sup>



NDSS Product Code: 101



Pen Needle is actual size

<sup>^</sup> Always consult your Healthcare Professional regarding treatment of your Diabetes.

\* Photographs from Dieter Look and Kenneth Strauss: 'Nadeln mehrfach verwenden?' Diabetes Journal 1998, 10:5: 31-34.

<sup>5</sup> Compared to standard BD thin wall pen needles.

<sup>#</sup> Compared to standard BD 3-bevel pen needles.

– Always follow the instructions of the pen manufacturer.

References:

1. Frid AH, Kreugel G, Grassi G. Mayo Clin Proc. September 2016;91(9):1231-1255. 2. BD Data on file. 07D015070015ReuseWP. 2006. 3. Look D, Strauss K. Diabetes Journal 1998; (10): 31-34. 4. Misnikova IV, Dreval AV, Gubkina VA et al. J Diabetology. 2011; 1(1): 1-5. 5. Hirsch L, Gibney M, Berube J, et al. J Diabetes Sci Technol. 2012; 6(2): 328-335. 6. Aronson R, Gibney, Oza K. et al. Clin Ther. 2013; 35: 923-933.

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