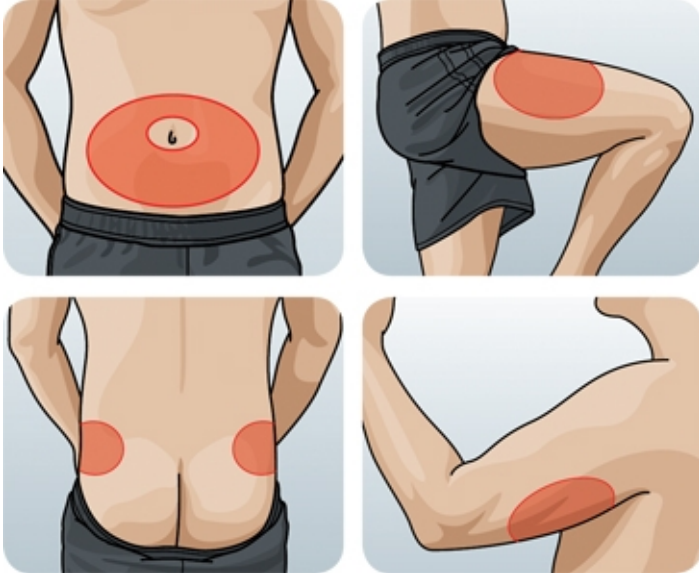


# Insulin Injection Guidelines

## Where do I inject my medication?



- The abdomen, thighs and buttocks are the recommended injection sites.
- The abdomen is the area that absorbs insulin most consistently. Avoid injecting within 3.5 cm (1.5 inches) of the belly button.
- It is important to rotate your injection sites to prevent lipohypertrophy (rubbery, hard skin tissue).
- Exercise makes insulin absorb faster. Try to avoid injecting into an arm or a leg if you are about to exercise.
- Increased skin temperature caused by a hot bath or sauna can cause insulin to absorb faster.

## How do I use my pen and inject my medication?

STEP 1: Put a new needle tip onto your pen.

STEP 2: Mix your cloudy insulin by gently rolling it 10 times AND tipping it (not shaking it) 10 times for a total of 20 times.

STEP 3: Prime your pen: remove both of the caps from the needle tip and dial the pen to 2 units, then push the end button. Repeat this step until you see a flow of insulin at the needle tip, not just a drop.

STEP 4: Dial the dose of medication that you need.

STEP 5: Choose a site to inject your medication.

STEP 6: Insert the needle straight into the fat, at a 90-degree angle to the skin.

STEP 7: Slowly push the end button all the way down until it stops.

STEP 8: Hold the needle under your skin for 10 seconds. Remove the needle from your skin and look at your injection site. If the medication beads on your skin or blood appears, apply gentle pressure.

STEP 9: Check to make sure you see a **0** in the dose window to confirm that the full dose was given.

STEP 10: Using the outer needle cap, remove the needle from your pen and dispose of it in a sharps container.

### My Insulin Schedule

Name of Insulin	Before Breakfast	Before Lunch	Before Supper	Evening/Bedtime

### Where do I keep my medication?

- Unopened insulin and Victoza/Byetta should be stored in the fridge (2–8°C) and can be available to use until the expiry date. **ALWAYS CHECK THE EXPIRY DATE.**
- Once an insulin cartridge, vial or prefilled pen is opened, it can be used for 28 days, with the exception of Levemir, which can be used for 42 days. Once Victoza/Byetta are opened, they can be used for 30 days.
- Insulin and Victoza/Byetta in use do not have to be refrigerated but should be kept at a temperature below 25°C, away from direct heat and sunlight and protected from freezing.

### Tips for Success

- Make sure you mix your cloudy insulin before injecting, by gently rolling it 10 times, then tipping it (not shaking it) 10 times (total of 20 times). Visually check to ensure the insulin has a consistent milky white appearance.
- Prior to each insulin injection, prime your pen with 2 units of insulin. Repeat this step until you see a flow of insulin—not just a drop.  
\*\*Victoza/Byetta only need to be primed with the first use, not with each injection.\*\*
- Do not use alcohol to clean the skin at the injection site.
- Do not use alcohol to clean the needle tip, as it removes the protective coating and dulls the needle.
- If the medication beads on your skin after the injection, apply gentle pressure; do not massage. With all future injections, hold the needle under the skin for 15 or 20 seconds before removing it to make sure all the medication has been injected.
- If blood appears at the injection site, apply gentle pressure; do not massage.
- Remove the needle tip from your pen after each injection. This prevents the entry of air (or other contaminants) into the cartridge as well as the leakage of medication out of the cartridge.
- Change your insulin cartridge once the plunger is below the white/coloured line.