

Golden rules:

Injection technique in adults



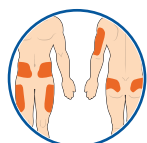
1 Insulin and GLP-1 receptor agonists must be deposited into healthy subcutaneous fat tissue.

- Intradermal and intramuscular spaces, as well as scars and lipo, should be avoided.¹



2 4 mm pen needles inserted at 90° are recommended for all adults regardless of age, sex, ethnicity or BMI.^{1*}

- If patients need to use needle lengths >4 mm or a syringe, they must use a correctly lifted skin fold to avoid intramuscular (IM) injections.¹

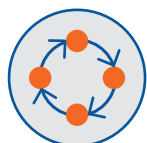


3 Recommended injection sites are:¹

- Abdomen: ~½ inch (1 cm) above symphysis pubis, ~ ½ (1 cm) below lowest rib, ~½ (1 cm) away from umbilicus and laterally at the flanks
- Upper thighs: 3rd anterior lateral area
- Upper buttocks and flanks: posterior lateral area
- Upper arms: middle 3rd posterior area



4 Detect and avoid injection into areas of lipodystrophy.



5 Rotation of injection sites can be correctly performed by:¹

- Spacing injections within a site approximately 1 finger's width apart
- Using a single injection site no more frequently than every 4 weeks

* Very young children (<6 years old) and very thin adults should use the 4 mm needle by lifting a skin fold and inserting the needle at 90° into it.

Reference:

1. Frid AH, Kreugel G, Grassi G, et al. New insulin delivery recommendations. *Mayo Clin Proc.* 2016;91(9):1231–1255.



FITTER is a scientific congress sponsored by BD.
1704818661MCPGR

BD, 1 Becton Drive,
Franklin Lakes, NJ, 07417, USA

bd.com

© 2017 BD. BD, the BD Logo and FITTER are trademarks of
Becton, Dickinson and Company.

