

Golden Rules:

Injection technique in children



- 1 Insulin must be deposited into healthy subcutaneous fat tissue.¹
- Intradermal and intramuscular spaces, as well as scars and lipos, should be avoided.



- 2 Preferred injection sites are:¹
- Abdomen: 2 adult finger's width away from umbilicus
 - Upper thighs: upper 3rd anterior lateral area
 - Upper buttocks and flanks: posterior lateral area
 - Upper arm: middle 3rd posterior area



- 3 Avoid bony areas by 1 to 2 adult finger's width.¹



- 4 Consider the type of insulin and the time of day when selecting injection sites.¹



- 5 4 mm pen needles should be used for all children and young adults regardless of age, sex, ethnicity or BMI.¹



- 6 A 2-finger lifted skin fold usually prevents IM injection but is much less effective in the thigh than in the abdomen.¹



- 7 Lean children should use a lifted skin fold when the presumed skin surface to muscle distance is less than the needle length plus 3 mm.¹



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

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