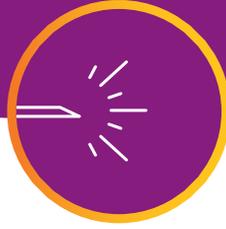


What's the point of a new needle?



Studies show injection technique is an important part of managing your diabetes.^{1*} As part of your injection routine, remember to:

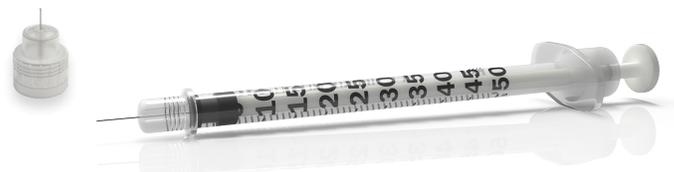
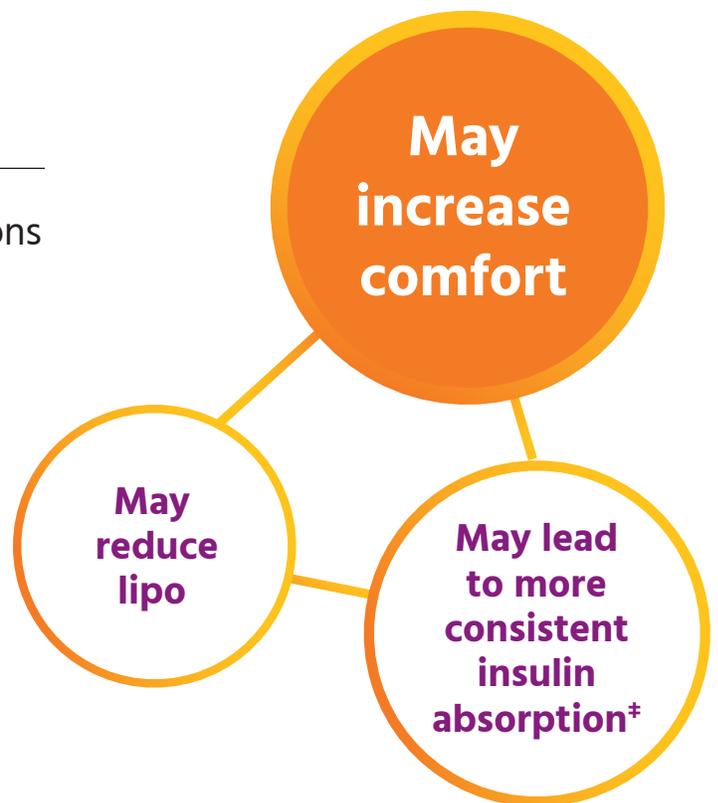
- ✓ Use a new needle
- ✓ Rotate injection sites

Using the same needle for multiple injections is associated with:^{2,3†}

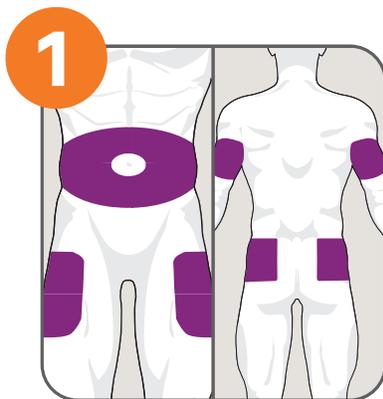
- injection pain
- the chance of developing lumps under the skin, called lipohypertrophy (lipo)
 - injecting into the lipo can cause inconsistent insulin absorption

Lipohypertrophy (or lipo), a common complication of insulin injections, is **a buildup of fat below the surface of the skin, causing lumps.**

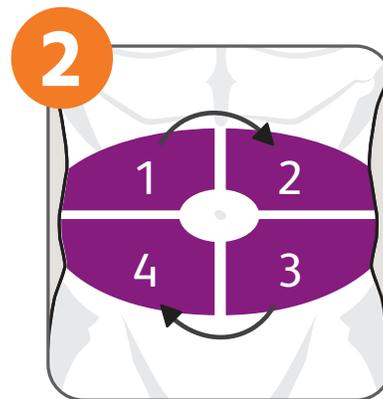
Lipohypertrophy may be caused by repeated injections of insulin in the same spot.⁴



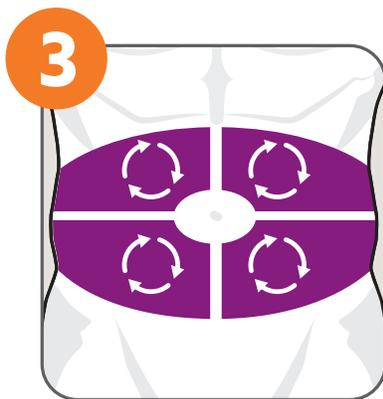
Talk with your doctor or diabetes educator to develop an injection rotation plan that's **right for you.**



Choose an area.



Divide that area into four sections.



Select an injection site in a section to start injecting.

Use one section per week.



Inject within sites at least one finger width apart from your last injection.

*Refer to product IFU for full list of injection technique steps. †13,289 insulin-injecting patients from 423 centers in 42 countries participated in a survey. Incorrect injection site rotation, years taking insulin, and pen needle reuse were associated with lipohypertrophy. [[All significant at P <0.05]]. #If not injected into lipohypertrophy

1. Misnikova IV, Gubkina VA, Lakeeva TS, Dreval AV. A Randomized Controlled Trial to Assess the Impact of Proper Insulin Injection Technique Training on Glycemic Control. *Diabetes Ther.* 2017 Oct 13; 8(6): 1309-1318. 2. American Diabetes Association. Standards of Medical Care in Diabetes – 2021. *Diabetes Care.* 2021;44(Suppl 1):S1-S232. 3. Frid AH, Hirsch LJ, Menchior AR, Morel DR, Strauss KW. Worldwide injection technique questionnaire study: injecting complications and the role of the professional. *Mayo Clin Proc.* 2016;91(9):1224–1230. 4. American Diabetes Association. Common Terms. American Diabetes Association. <https://www.diabetes.org/resources/for-students/common-terms>. Accessed January 2021.