

# What's the point of a *new needle*?

## How can we help our patients living with diabetes?

Start the conversation every time you dispense a patient's injectable diabetes medication, pen needle, or insulin syringe.

*"Can you tell me about your injection routine?"*

*"How often do you change your injection sites?"*

*"Did you know pen needles/insulin syringes are designed for single use only?"*

With every injection just **two small steps** can make a difference:

- 1. replace your needle.**
- 2. rotate injection sites.**

Walk your patients through the counseling materials provided.

**What's the point of a new needle?** It matters more than you may realize.

Use a new insulin syringe/pen needle every time. Using the same needle for multiple injections may increase injection pain and may increase the risk of damaging the needle — and your skin.<sup>1</sup>

Healthy skin is good for you in more ways than one. Using a new insulin syringe/pen needle with each injection and rotating your injection site may help reduce the chance of developing hardened lumps beneath the skin that can cause inconsistent insulin absorption.<sup>2</sup>

The arms, abdomen, thighs and buttocks are generally recommended injection sites. It's important that you rotate your injections within each site and between each site, on a regular basis. This may allow your body to more consistently absorb the insulin you start and help better manage your diabetes.<sup>2</sup>

Talk with your doctor or diabetes educator about developing a rotation plan that's right for you.

Change sites. Rotate within sites.

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- 2. rotate injection sites.**

1. ESK, A. et al. Diabetes Meds. 2016. 33(2):24-32.  
2. ESK, A. et al. Diabetes Meds. 2016. 33(2):24-32.  
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Share them with your patients and staff.

Educate your patients to help improve adherence to their diabetes injection regimen.