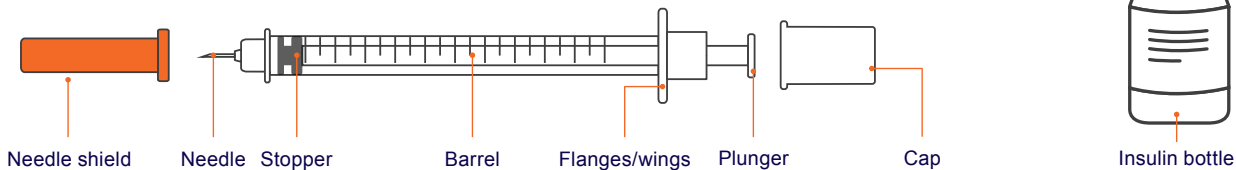


6 mm needle insulin syringe

Parts of an insulin syringe



How to inject

- 

1 Wash hands and gather supplies. To expose plunger, twist white cap then pull off.
- 

2 Wipe top of insulin bottle with an alcohol swab. If you are taking cloudy insulin, roll the bottle between your hands until it is uniformly cloudy. To avoid the formation of air bubbles do not shake the bottle of insulin.
- 

3 To expose the needle, twist the orange shield, then pull straight off, being careful not to bend the needle or let the needle touch anything.
- 

4 Pull the syringe plunger down to the desired number of units. You need air in the syringe equal to the amount of insulin you will take.
- 

5 Push the needle through the center of rubber top of insulin bottle and push plunger down completely.
- 

6 Leave the needle in the insulin bottle. Carefully turn the bottle and syringe upside down, so the bottle is on top.
- 

7 Pull the plunger down slowly, aligning the thin black line of the plunger with the desired number of units on the syringe.
- 

8 If air bubbles appear in syringe, push the plunger up, injecting insulin back into bottle and redraw insulin to desired number of units. Pull the syringe out of the bottle.
- 

9 Confirm the dose is correct and then clean a small area of skin. Ensure the skin surface is completely dry before injecting.
- 

10 Hold the syringe like a pencil. Pinch up your skin and push the needle quickly through the skin at 90° (straight in) to the skin surface. Push the insulin in with the plunger. Pull the needle out of your skin. Release the skin pinch.

Do not recap used needles. Use the needle once and dispose of it properly.

Consult the Instructions for Use and/or your Healthcare Professional about proper injection technique.

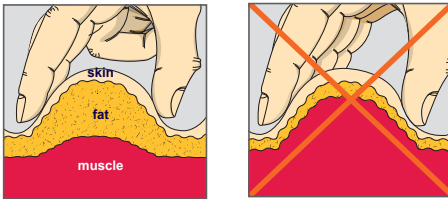
Each time you refill your insulin, remember to check if you need a refill of insulin syringes, too.

Tips for good injection practice

Diabetes experts recommend using a new insulin syringe with each injection¹

- Insulin syringes should be used only once and are no longer sterile after that.¹
- Reusing the same needle has been associated with injection pain and increased risk of developing unhealthy tissue at injection site.²

When using an insulin syringe with a 6mm needle, inject at a 90-degree angle with a pinch up technique.

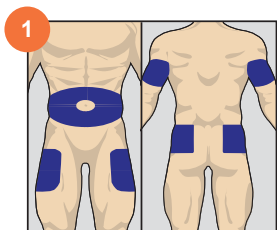


To do a pinch-up, pinch about 1 inch of skin and fat tissue, using the thumb and the index finger (and possibly adding the middle finger). If the skin is lifted using the whole hand, muscle may be lifted as well as fat tissue, which can lead to injections into the muscle.¹

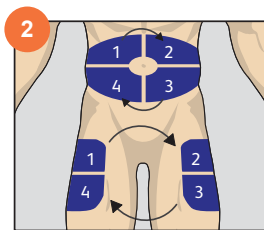
The pinch-up should be held until the injection is complete and the needle has been removed from the skin.¹

Injection site rotation can help lower the risk of developing lipohypertrophy.³ This is a **buildup of fat below the surface of the skin, causing lumps.**⁴

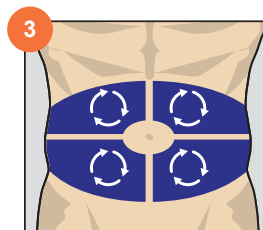
Talk to your diabetes care team about the best injection areas for you.



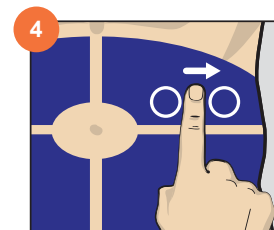
1 Choose an area. It's generally recommended that you inject insulin into your: **abdomen, thighs, arms, and buttocks.**



2 Divide that area into four sections.



3 Select an injection site in a section to start injecting. Use one section per week.




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




Be prepared with a new insulin syringe for every injection

- ✓ Remember to pack extra insulin syringes when you're "on the go", so you are always ready to inject with a new needle
- ✓ Each time you refill your insulin, ask your pharmacy team if you need a refill of insulin syringes
- ✓ Talk to your pharmacy team to see if putting your insulin syringes on auto-refill is right for you

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1. Frid AH, Kreugel G, Grassi G, et al. New insulin delivery recommendations. Mayo Clin Proc. 2016; 91(9):1231–1255. 2. Frid, A. H., Hirsch, L. J., Menchior, A. R., Morel, D. R., & Strauss, K. W. (2016). Worldwide Injection Technique Questionnaire Study: Injecting Complications and the Role of the Professional. Mayo Clinic Proceedings, 91(9), 1224–1230. 3. American Diabetes Association. Standards of Medical Care in Diabetes. 2020. Diabetes Care. 2020;43(Suppl 1):S1-212. 4. American Diabetes Association. Common Terms. American Diabetes Association. <https://www.diabetes.org/resources/students/common-terms>. Accessed April 12 2021.

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