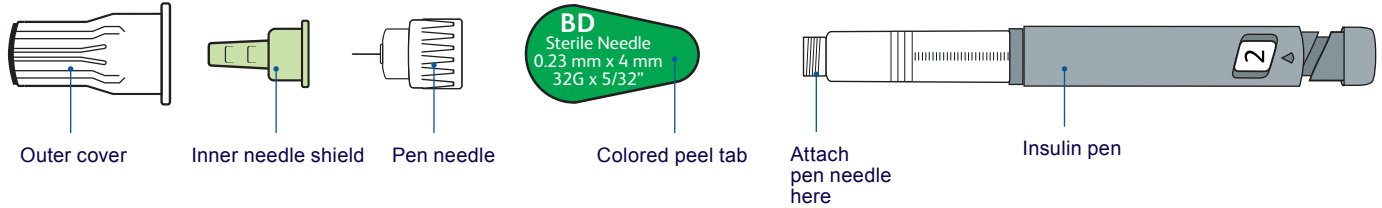


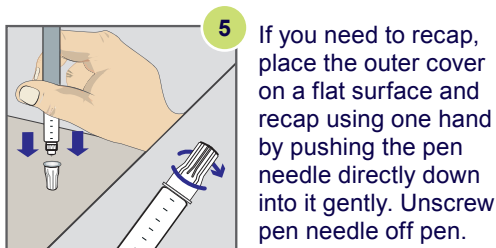
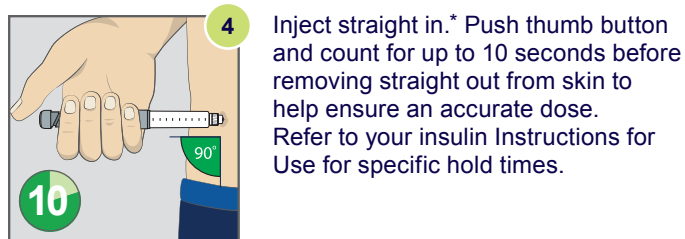
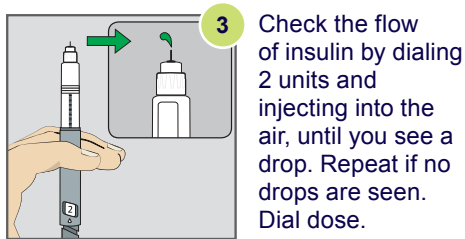
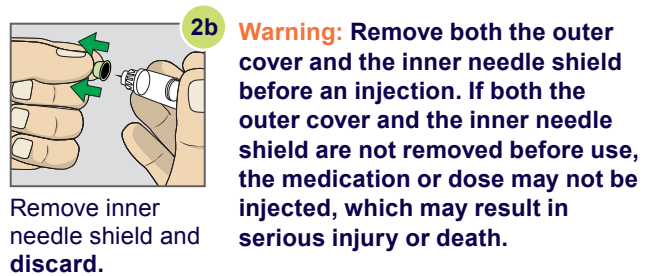
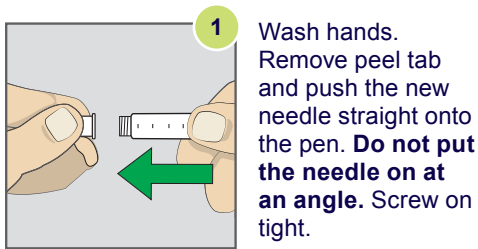
4 mm pen needle

Parts of a pen needle



How to inject with a 4 mm pen needle

Please be sure to consult the pen manufacturer's instructions for injection of subcutaneous drugs other than insulin, as well as for additional preparation steps for insulin injection, including but not limited to removing the pen cap, dosage dialing and skin cleaning.



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

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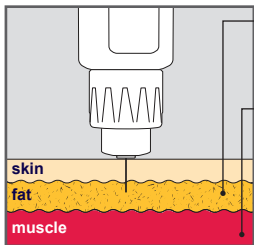
*Patients ages 2-6, or those who are extremely lean may require a pinch-up.

Tips for good injection practice

Diabetes experts recommend using a new pen needle with each injection¹

- Pen needles 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 the injection site.¹

Why it is recommended to use a short needle

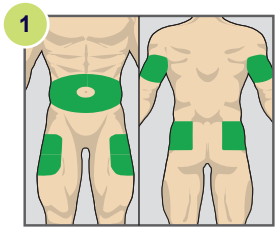


Insulin should be injected into subcutaneous tissue, not into the muscle.¹

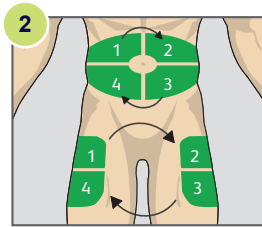
Shorter needles may help avoid accidentally injecting into the muscle, which can result in a low blood sugar event.²

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

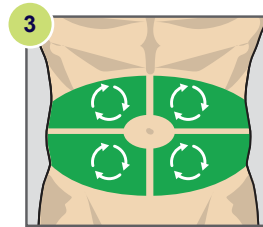
Talk to your diabetes care team about the best injection areas for you.



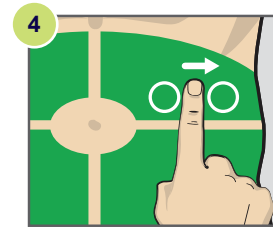
1 Choose an area. It's generally recommended that you inject insulin into your: **abdomen, thighs, arms, and buttocks.**



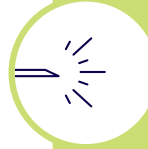
2 Divide that area into four sections.



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 pen needle for every injection

- ✓ **Remember** to pack extra pen needles 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 pen needles
- ✓ **Talk** to your pharmacy team to see if putting your pen needles on auto-refill is right for you

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BD™ Diabetes Care App
The BD™ Diabetes Care App can support you in managing a lifestyle with diabetes.

1. Frid AH, Kreugel G, Grassi G, et al. New insulin delivery recommendations. Mayo Clin Proc. 2016; 91(9):1231–1255.
2. American Diabetes Association, Standards of Medical Care in Diabetes – 2021. Diabetes Care. 2021;44(suppl 1):S1–S232.

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