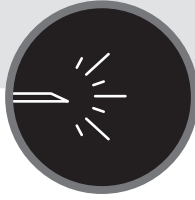


What's the point of a new needle?



May increase comfort and confidence

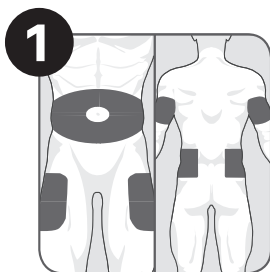
Reduced harm to your skin

May lead to more consistent insulin absorption

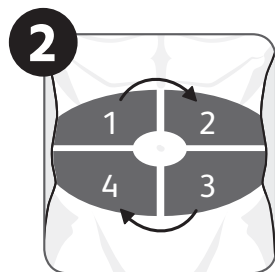
Use a new insulin syringe/pen needle every time

Using the same needle for multiple injections may increase^{1,2}

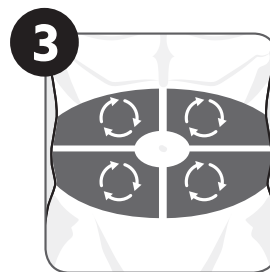
- injection pain
- the risk of damaging the needle and your skin
- the chance of developing hardened lumps beneath the skin that can cause inconsistent insulin absorption



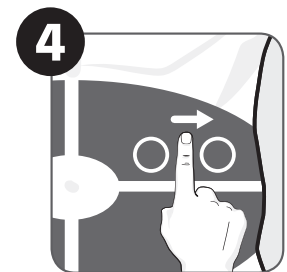
Choose an area.



Divide that area into four sections.



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



Inject one finger width away from your last injection.

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

1. Frid AH, et al. New insulin delivery recommendations. *Mayo Clin Proc.* 2016;91(9):1231-1255. 2. Blanco M, et al. Prevalence and risk factors of lipohypertrophy in insulin-injecting patients with diabetes. *Diabetes Metab.* 2013;39(5):445-453.