



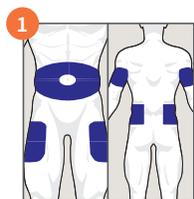
embecta, formerly part of BD

Take a minute:  
**Better Discussions**  
 for better diabetes care support

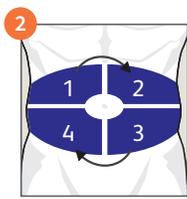
# Injection site rotation: key takeaways

**The Challenge:** Lipohypertrophy, or lipo, is a common complication of insulin injection and may contribute to unpredictable insulin absorption, increased glycemic variability, and unexplained hypoglycemia when injected into.<sup>1,2</sup> Injection site rotation appears to be critical to prevent lipo, however many patients do not rotate their injection sites correctly, if at all.<sup>2</sup>

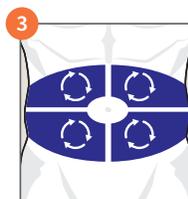
**The Opportunity:** When you dispense insulin, take a minute to educate your patients on correct injection site rotation<sup>3</sup> and its importance.



1 Choose an area.



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 at least one finger width away from your last injection.

## Examples of good questions to drive patient engagement:

- I've noticed that you're new to injecting insulin. Do you have a minute to discuss injection technique and the importance of not injecting into the same site repeatedly?
- Can you tell me a little bit about how you inject your insulin? Where on your body do you usually inject?

1. Frid AH, Kreugel G, Grassi G, et al. New insulin delivery recommendations. *Mayo Clin Proc.* 2016;91(9):1231-1255.  
 2. Blanco M, Hernández MT, Strauss KW, Amaya M. Prevalence and risk factors of lipohypertrophy in insulin-injecting patients with diabetes. *Diabetes Metab.* 2013;39(5):445-453. 3. BD 4mm pen needle [Instructions for Use]. Franklin Lakes, NJ; BD. 2017.

[go.embecta.com/pharmacypartner](https://go.embecta.com/pharmacypartner)

embecta, formerly part of BD. BD is the manufacturer of the advertised products. embecta and the embecta logo are trademarks of Embecta Corp. BD and the BD Logo are trademarks of Becton, Dickinson and Company. All other trademarks are the property of their respective owners. © 2022 Embecta Corp. All rights reserved. BD-79086

