

Be prepared with a new pen needle for every injection



Each time you refill your insulin,
ask your pharmacist if you need
a refill of pen needles

See how Nano™ 2nd Gen Pen Needles
can improve your injection experience.

go.embecta.com/nano-2nd-gen-pen-needles

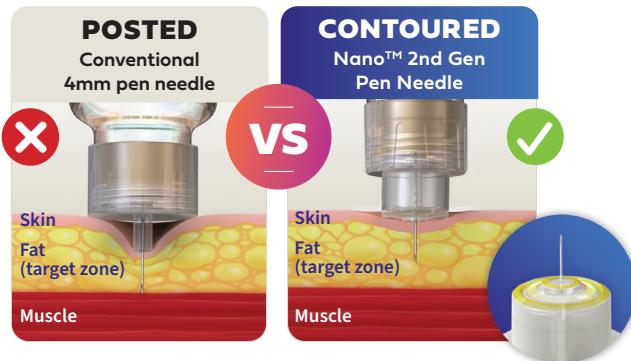
*Based on mathematical calculations and not clinical study data compared to other 4mm pen needles. †Compared to baseline. ‡Until needle dulling occurs, local skin infections, injection pain, and unpleasantness have not been clearly associated with limited needle reuse

1. Whooley S, Briskin T, Gibney MA, Blank LR, Berube J, Pflug BK. Evaluating the User Performance and Experience with a Re-Engineered 4 mm x 32G Pen Needle: A Randomized Trial with Similar Length/Gauge Needles. *Diabetes Ther.* 2019;10(2):697-712. 2. Rini C, Roberts BC, Morel D, et al. Evaluating the Impact of Human Factors and Pen Needle Design on Insulin Pen Injection. *J Diabetes Sci Technol.* 2019;13(3):533-545. 3. Frid AH, Hirsch LJ, Menchior AR, Morel DR, Strauss KW. Worldwide injection technique questionnaire study: population parameters and injection practices. *Mayo Clin Proc.* 2016;91(9):1212-1223. 4. Frid AH, Kreugel G, Grassi G, et al. New insulin delivery recommendations. *Mayo Clin Proc.* 2016;91(9):1231-1255. 5. American Diabetes Association. Standards of Medical Care in Diabetes - 2024. *Diabetes Care.* 2024;47(Suppl 1):S1-321. 6. Grassi G, Scuntero P, Trepicci R, Marubbi F, Strauss K. Optimizing insulin injection technique and its effect on blood glucose control. *J Clin Transl Endocrinol.* 2014;1(4):145-150. Published 2014 Jul 12. doi:10.1016/j.jcte.2014.07.006. 7. Misnikova IV, Gubkina VA, Lakeeva TS, Drevan AV. A randomized controlled trial to assess the impact of proper insulin injection technique training on glycemic control. *Diabetes Ther.* 2017;8(6):1309-1318.

5 Tips to Assess Proper Injection Technique

1 Is the base of your
pen needle posted
or contoured?

The shape of the needle base can
make a difference¹



- Too much force may cause accidental injection into the muscle²
- A **contoured base** reduces the risk of injecting into the muscle by **2-8x** vs. other 4mm pen needles^{2*}
- The contoured base on Nano™ 2nd Gen Pen Needles (4mm x 32G) can help you deliver your insulin to the correct spot²

2

Are you using a new needle for every injection?

Using a new needle for every injection matters

Diabetes experts recommend using a **new pen needle with each injection.**³

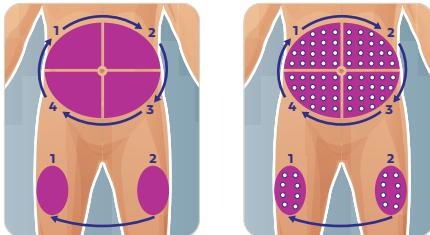
Needles are **no longer sterile** after use⁴

Reuse may increase risk of injection **pain and bleeding**^{4‡}

3 Are you rotating injection sites?

Proper injection technique matters

Areas of site rotation



The abdomen, thighs, arms and buttocks are generally recommended injection areas. Inject within sites at least one finger width apart from your last injection.

Not rotating sites may lead to the development of lipohypertrophy, lumps and bumps under the skin which can lead to low blood sugar and increased A1C⁵

4

Do you have an adequate supply of pen needles?

Track your insulin and pen needle supply



- **Check** your pen needle supply before refilling your insulin prescription.
- **Ask** your pharmacy team if auto-refill of needle supplies is right for you.
- **Consider** trying a 4mm contoured base pen needle for your next fill.

5

How confident are you in injecting yourself?

How insulin is injected is as important as the type and dose of insulin⁶



When people with diabetes received **structured injection technique training**, including changing to a **4mm or 5mm** pen needle:

A1C was reduced by up to 1.0% in 6 months^{7†}



Scan to learn more about Injection Technique