

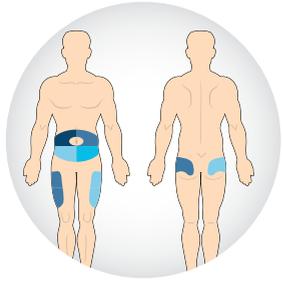


# For people new to injecting diabetes medication



# Where should you inject?

## Common injection areas<sup>1</sup>



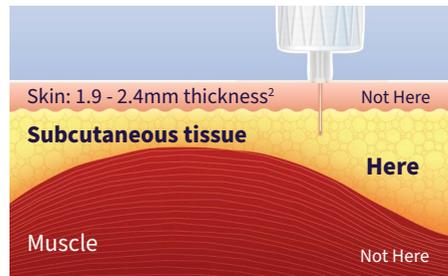
- Abdomen
- Thighs
- Buttocks

## Inject below the skin

Diabetes medications need to be injected into the fatty layer, just below the skin.<sup>2</sup>

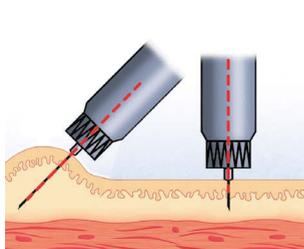
If you inject your medication into the muscle layer it may not work properly, and could cause:<sup>1</sup>

- Variable blood glucose levels
- Pain
- Bruising



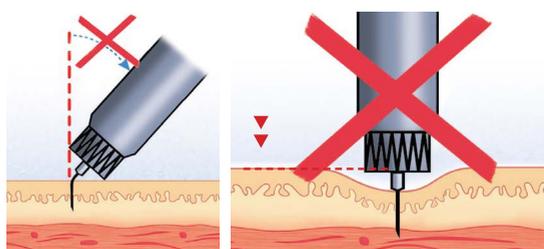
## Inject safely

**DO**



Always keep the needle at the same angle until it is withdrawn from the skin to avoid the needle bending.

**DON'T**



Do not push the pen too hard into the skin or the needle may reach the muscle.

<sup>1</sup> Very slim adults may need a lifted skin fold at all sites. Children using a 5mm pen needle or longer should be switched to a 4mm pen needle if possible and if not, should always use a lifted skin fold.<sup>3</sup>

# Which pen needle is right for you?<sup>3</sup>

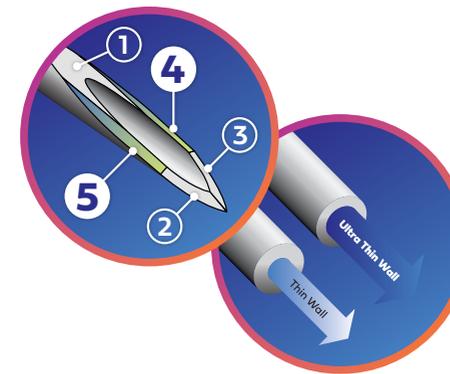
Pen needles come in different lengths and thicknesses.

Your healthcare professional should recommend a pen needle that is suitable for you.



4mm and 5mm pen needles are suitable for virtually all people who inject their diabetes medication including children, adults and those who are overweight.\* Short needles ensure your medication is injected in the right place, help to minimise pain and other complications.<sup>3</sup>

## The benefits of using BD Ultra-Fine™ Pen Needles?



- The ultra-thin wall needle results in faster injections.<sup>4§^</sup>
- 5-bevel needle tip ensures less force is required to gently ease the needle tip into the skin.<sup>5#</sup>
- Reduces the risk of injecting your medication into the muscle compared to longer needles.<sup>2</sup>
- Provides a more comfortable injection compared to 6mm and 8mm pen needles.<sup>4,5#</sup>

\* Very slim adults and young children may need a lifted skin fold at all sites.<sup>3</sup>

§ Compared to standard BD thin wall pen needles. # Compared to standard BD 3-bevel pen needles.

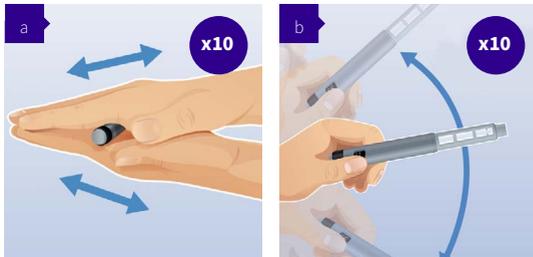
^ Ultra-thin wall was introduced as an ISO standard for inner wall diameter in 2016.

# Steps to injecting your diabetes medication with BD Ultra-Fine™ Pen Needles<sup>1</sup>

It's important to ask your healthcare professional to demonstrate how to inject your medication.

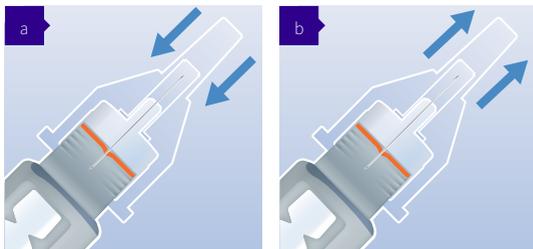


## 1. Mix your medication (only for NPH and mixed insulins)<sup>^</sup>



If your medication is meant to be cloudy, roll and tip your medication pen 10 times until it is evenly cloudy.

## 2. Set up a new pen needle onto your medication pen.

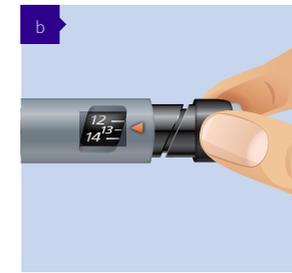


Fit a new pen needle to your pen device in a straight line.

Do not attach the pen needle at an angle as this may bend, block or break the needle.

Screw on the pen needle then remove the outer and inner caps.

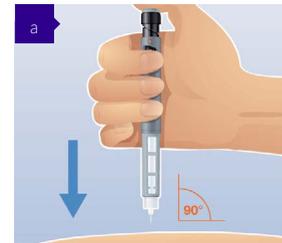
## 3. Prime the pen and dial up your dose<sup>^</sup>



Prime the needle with 2 units of medication and press the dose button until the counter returns to zero. If you do not see at least a drop of liquid at the needle tip, repeat. This ensures the pen is working properly and the medication is free of air bubbles.

Then dial your correct dose.

## 4. Insert the needle, inject the dose and hold



Insert the pen needle straight into the skin.<sup>†</sup>

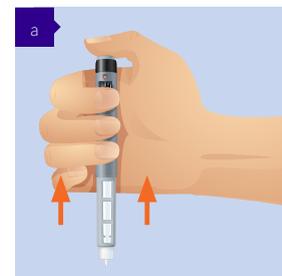


Press the dose button until the unit counter returns to zero.

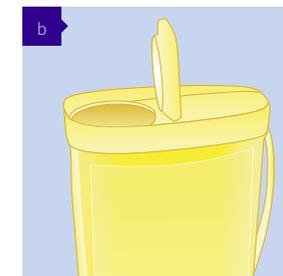


Count slowly to 10 before withdrawing the pen needle.

## 5. Remove and dispose the pen needle



Use a new needle for every injection.



Withdraw the pen needle, remove it from the pen device and discard it into a sharps collector.

<sup>^</sup>These are general recommendations. Always follow the instructions for use provided by the manufacturer of your diabetes medication.

<sup>†</sup>Very slim adults and young children may need a lifted skin fold at all injection sites to avoid injecting medication into the muscle.<sup>3</sup>

# Lipohypertrophy (Lipo)<sup>1</sup>

## What is Lipo?

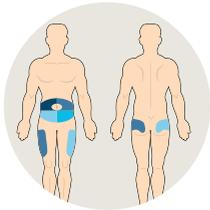
Lipo is a build up of fatty lumps that occur when you inject your diabetes medication repeatedly into the same spot.

Lipos don't absorb medication in the same way as healthy tissue and can lead to a higher risk of high and low blood glucose levels.<sup>1</sup>

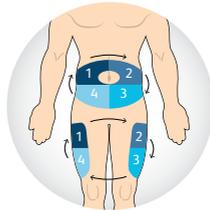


## Rotate your injections to avoid lipo

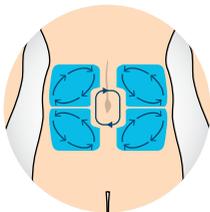
Talk to your healthcare professional about an appropriate injection site rotation plan.



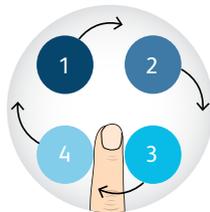
1. Choose an area.



2. Divide that area into four quadrants.



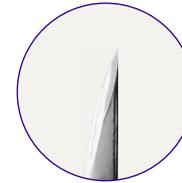
3. Select a site within a quadrant to start injecting. Use one quadrant per week.



4. Inject one finger-width away from your last injection. A single injection site should not be used more than once every 4 weeks.<sup>7</sup>

# Pen Needles are single-use only<sup>1</sup>

The tip of the needle becomes damaged with repeated use and can cause damage to your skin as shown in these images.<sup>#</sup>



**New needle**  
Magnified 370 times



**Used needle**  
Magnified 370 times



**Same used needle**  
Magnified 2000 times

## Reusing pen needles can cause damage to your skin and may make injections more painful.

- Lipohypertrophy
- Needle bending and breaking
- Pain and discomfort
- Bruising and bleeding
- Skin infections
- Medication dosing inaccuracy



**Remember**  
Use a new needle  
for every injection

<sup>#</sup> Photographs from Dieter Look and Kenneth Strauss: "Nadeln mehrfach verwenden?" Diabetes Journal 1998, 10:S.31-34

# Storing your medication

## DO

- Store any unopened medication in the fridge.
- Keep the pen you are using at room temperature (below 30°C).

## DON'T

- Let your medication freeze.
- Keep your medication in any places where it might get hot, such as in the car or by a window.

# Ask your pharmacist for BD Ultra-Fine™ Pen Needles



NDSS Product Code: 266



NDSS Product Code: 97

BD Pen Needles are used to inject diabetes medication.  
Always consult your Healthcare Professional regarding treatment of your diabetes.  
Always follow the directions for use.

- References:** **1.** Frid A, Hirsch L, Gaspar R. *et al. Diabetes Metab.* 2010; 36: S3-S18. **2.** Gibney M *et al. Curr Med Res Opin.* 2010; 26(6):1519-1530. **3.** Australian Diabetes Educators Association (ADEA). Clinical Guiding Principles for Subcutaneous Injection Technique, December 2019 **4.** Aronson R, Gibney, Oza K. *et al. Clin Ther.* 2013; 35: 923–933 **5.** Hirsch L, Gibney M, Berube J, Manocchio J. *J Diabetes Sci Technol.* 2012; 6(2): 328-335. **6.** Misnikova I, Dreval A, Gubkina V, Rusanova E. *J Diabetol.* 2011; 1:(1)1-5. **7.** Frid AH, Kreugel G, Grassi G *et al. Mayo Clin Proc.* 2016;91(9):1231–1255. **8.** BD Data on File. 07D015070015ReuseWP. 2006. **9.** Ginsberg BH, Strauss K. *Diabetes Care.* 2004 Jul; 27(7): 1851-1852.

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