

# Simple steps for great injection technique<sup>1,2</sup>

Clinical best practice recommends children, adults and overweight people living with diabetes use 4mm or 5mm pen needles to optimise treatment outcomes and minimise complications.\*

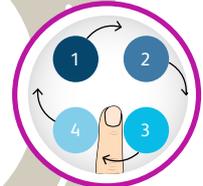


## 1 Use a short pen needle

Use a BD Ultra-Fine™ 4mm or 5mm Pen Needle for a more comfortable injection experience and to reduce the risk of injecting medication into your muscle.

## 2 Rotate sites

Inject at least one finger-width away from your last injection to keep your skin healthy and reduce complications. A single injection site should not be used more than once every 4 weeks.



## 3 Insert the needle

When using BD Ultra-Fine™ Pen Needles, insert straight into your skin.\* Do not insert the pen needle at an angle.

## 4 Hold for 10 seconds

Keep the needle in your skin for 10 seconds after injecting to make sure your full dose is delivered and absorbed.



## 5 Replace your needle

Pen needles should only be used once. Always use a new needle for every injection.



**Consumers should always consult their healthcare professional regarding treatment of their diabetes.**

\* Children and slim adults may need a skin lift at all injection sites.<sup>1,2</sup>

**References:**1. Frid AH, Kreugel G, Grassi G. *Mayo Clin Proc.* September 2016;91(9):1231-1255.  
2. Australian Diabetes Educators Association (ADEA). *Clinical Guiding Principles for Subcutaneous Injection Technique*, December 2019.

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