



Why it's important to use a new needle every time you inject

Repeatedly using the same needle to inject your diabetes medication is linked to increased pain and discomfort, skin damage, bruising and/or bleeding.^{1,2} Re-using the same needle can cause the needle to bend, break, and/or clog which may prevent you from receiving your full dose of medication.^{1,3-4}

Needle bending and breaking

Significant needle tip damage may occur after only one injection.¹ Because damage occurs to such a small area of the needle tip, it cannot be detected without a high powered electron microscope - even when the needle tip has broken off.⁵ Re-using needles increases the risk of needle tips breaking and potentially being embedded in your skin, and you may not be aware of it.^{1,5}

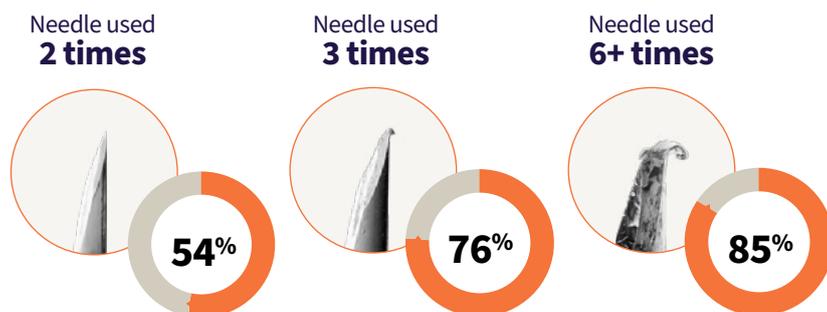
What are lipos?

Re-using needles can also cause fatty lumps, known as lipos, to develop below the skin at injection sites.⁶

- These fatty lumps don't absorb your medication in the same way as healthy tissue.⁷
- Lipo can lead to increased blood sugar variability and complications.^{6,7}



What's the risk of developing lipos?^{1,7,#}



Avoid needle re-use

BD pen needles are compatible with leading brands of diabetes medication pens.*



Re-using the same pen needle can impact needle sterility, result in dose inaccuracy and other complications.²

Needle sterility

Needles used multiple times can become contaminated with bacteria and can cause skin inflammation and reactions at injection sites.^{2,5}



Dose inaccuracy

Leaving a pen needle attached to a pen device, even if the needle is covered, provides an open passageway to the medication cartridge.⁵



When carrying a pen device from a warm to a cool environment:

Medication can contract by drawing air into the cartridge through the attached needle. Your next dose may not be accurate, with up to two-thirds of the dose not being delivered.⁵

If a pen device is carried from a cool to a warm environment:

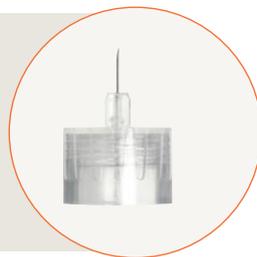
Medication can expand and leak through the attached pen needle. This may change the concentration of the medication and the effectiveness of future doses from the cartridge.⁵

Often convenience and a reluctance to throw away something that is not yet 'worn out' or 'finished being used' are reasons why people living with diabetes re-use their needles.⁵ This habit wouldn't be convenient or economical if it causes variable blood glucose levels, other complications or even a visit to the hospital to remove a broken needle.

How often are you re-using your pen needles?

Always use a new needle

to avoid developing lumps and bumps that can affect how your medication is absorbed. Using a new needle every time you inject can also help minimise pain.⁷



References: **1.** Look D, Strauss K. *Diabetes Journal* 1998; (10): 31-34. **2.** Misnikova IV, Dreval AV, Gubkina VA et al. *J Diabetology*. 2011; 1(1): 1-5. **3.** Ginsberg B, et al. *Hormone & Metab Res.* 1994; 16:584-587. **4.** Le Floch JP, et al. *Diabetes Care.* 1998; 21(9): 1502. **5.** BD Data on file. 07D015070015ReuseWP. 2006. **6.** Vardar B, Kizilci S. *Diabetes Res Clin Pr.* 2007; 77:231-236. **7.** Blanco M, Hernandez M, Strauss K, Amaya M et al. *Diabetes Metab.* 2013; 39(5): 445-53.

BD pen needles are used to inject diabetes medication. Always read the label and consult your healthcare professional regarding treatment of your diabetes.

Based on a study conducted in Spain. Percentages represent the proportion of patients developing lipohypertrophy based on the number of times needles are re-used. *As of September 2024

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