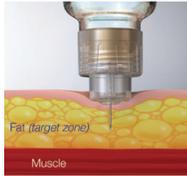
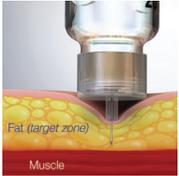


Injection technique checklist

1. What does your pen needle look like?

Posted pen needle

Non-posted pen needle

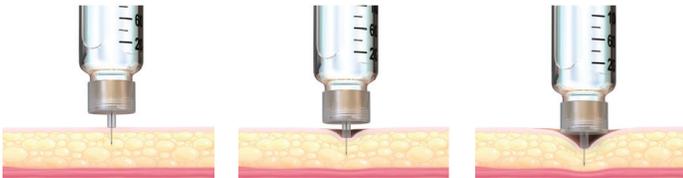


Experts recommend a contoured-base pen needle.¹

What pen needle length are you using?

2. How do you inject yourself?

How much pressure do you use when you inject, and why?



Nano PRO™ 4mm Pen Needles have a unique contoured-base pen needle designed to help compensate for the common challenge of applying too much injection force, and deliver a more consistent 4mm target injection depth.^{3‡}

Nano PRO™ 4mm Pen Needles are compatible with widely used insulin and GLP-1 pen injection devices.^{4§}

Lilly Sanofi Novo Nordisk Viatriis

† A contoured-base pen needle distributes pressure more evenly, reducing the risk of intramuscular injections. While flat-base pen needles are available, currently there is little to no evidence supporting their impact. See reference 1.

‡ To precisely locate injection depth, 1188 injections were administered in swine across a range of clinically relevant injection forces using 20 µl of iodinated contrast delivered with Nano PRO™ pen needles vs. three 4mm posted-hub pen needles. Measurements were obtained via fluoroscopic imaging. Nano PRO™ pen needles more closely achieved the 4mm target injection depth with less variability ($p=0.006$).

§ Embecta provides a list of compatible pen devices on our pen needle boxes.

3. Do you use a new needle for each injection?

Yes No



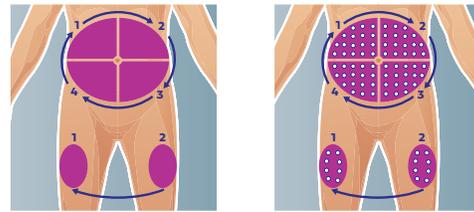
4. Where do you inject most often?

Abdomen Thighs Arms*

Buttocks Other: _____

* Injecting into the back of your own arm is not recommended.²

Show me how you rotate your injection sites.
Encourage wide rotation.



5. Do you check for lipohypertrophy?

Yes No



References: 1. Klonoff DC, et al. Advance Insulin Injection Technique and Education with FITTER Forward Expert Recommendations. *Mayo Clin Proc.* 2025;100(4):682-699. 2. FIT Forum for Injection Technique Canada. Recommendations for Best Practice in Injection Technique 4th Edition 2020. 3. Bari B, et al. Insulin injection practices in a population of Canadians with diabetes: an observational study. *Diabetes Ther.* 2020;11(11):2595-2609. 4. Compatibility Confirmation for Nano PRO™ Pen Needles/1490TH-0004-20. 15 June 2025.



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