

# Step-by-Step: Choosing an Insulin Injection Site

Choosing an Insulin Injection Site. Identify the areas of your body that can be used as an injection site. Your abdomen, thighs, buttocks, and the backs of your upper arms.

After using one injection site, be sure to switch to a new one next time you need insulin.

On your abdomen, make sure no injection site is within a three inch radius of your navel. Make sure all injection sites are spread two inches apart from one another.

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