

Choosing an Injection Site

When you have Diabetes you may be prescribed insulin that needs to be injected.

Insulin should be injected into fatty tissue.

The recommended injection areas are: the abdomen or belly, the backs of the arms, and the tops or sides of the thigh.

Select somewhere you can reach easily.

Work with your diabetes care team to find the injection area that is best for you.

Wherever you inject, you need to rotate the actual site of injection each time you take your injectable diabetes medication.

This means moving the actual injection spot around in that body part. Avoid scar tissue, moles and the area right around your belly button.

Choosing different injection sites helps keep your skin and underlying tissues healthy while also helping your body absorb the diabetes medication completely.

Once you have selected an injection site, wipe the skin with alcohol and wait a few seconds for it to dry.

Always use a clean needle.

Inject your medicine at room temperature. Injecting cold medicine may cause it to sting.

After taking the injection, drop the syringe into a Sharps container, which you can get at your diabetes product supplier.

If you don't have a Sharps container, a heavy plastic bottle with a tight fitting lid clearly labeled that it contains medical waste will work too.

At your next diabetes care team visit, go over how you choose an injection site. Your care team may have tips that can make injecting insulin easier.