• Injections are given in places on your body where you have fatty tissue. This includes the abdomen, the front of the thigh, the back of the arm and the hip or buttocks area.

• It is important to change sites where you inject insulin. If you use the same place over and over, the skin will get tough or lumpy and your insulin will not be absorbed properly.

• Absorption rates vary. The abdomen absorbs most quickly, followed by the arm, the thigh, and the buttocks. Ideally, it is best to choose at least two injection sites unless directed otherwise by your doctor.

Tips for Injecting Insulin

1. **Stomach:**
   It is important to stay at least one inch away from the bellybutton or any scars you may already have when using the stomach (abdomen) for injections.

2. **Thigh:**
   It is best to inject at least 4 inches or approximately one hands width above the knee and at least 4 inches down from the top of the leg. The best area on the leg is the top and outer area of the thigh.

3. **Arm:**
   It is important to inject into fatty tissue in the back (not side) of the arm between the shoulder and the elbow.

4. **Buttock:**
   It is best to inject into the hip or "wallet area" and not into the lower buttock area.

5. For consistency of absorption, it may be best to give all injections in one or two areas of the body and rotate where you inject the insulin within that site for a period of time. Two options to consider when determining your rotation pattern are as follows:
• Pick a site, such as the abdomen, and inject there for one month. Then move to a new site.
• Choose a site for an injection time. For example, you may inject your morning insulin in your abdomen and your evening insulin in your thigh

**My rotation pattern will be:**

<table>
<thead>
<tr>
<th>Morning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-lunch</td>
</tr>
<tr>
<td>Pre-supper</td>
</tr>
<tr>
<td>Bedtime</td>
</tr>
</tbody>
</table>

**Special Considerations**

• Usual injection time is 30 minutes before meals for people on Regular and 0-15 minutes for people on Humalog/Novolog/Apidra. However, if blood glucose is high, you may want to use the stomach and/or wait longer before eating.

• For glargine or detemir, injection site does not affect absorption.

• If blood glucose is low, inject into the thigh or buttocks and/or eat soon after.