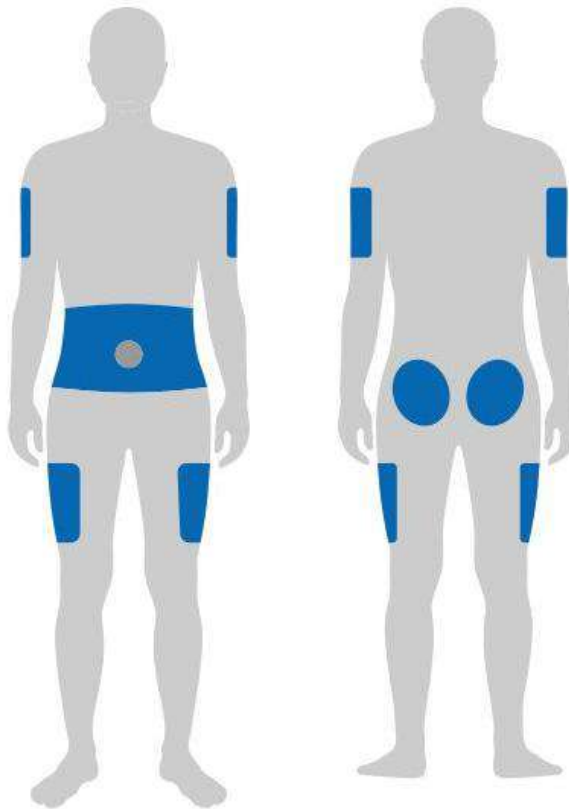


INSULIN TECHNIQUES

INJECTION SITES

Abdomen

Leave 2 finger gap from per umbilical area.
Cover the entire abdomen



Back of arm
Below the
insertion line of
deltoid and 3-4
fingers above
elbow

Thigh Front
& Lateral
part

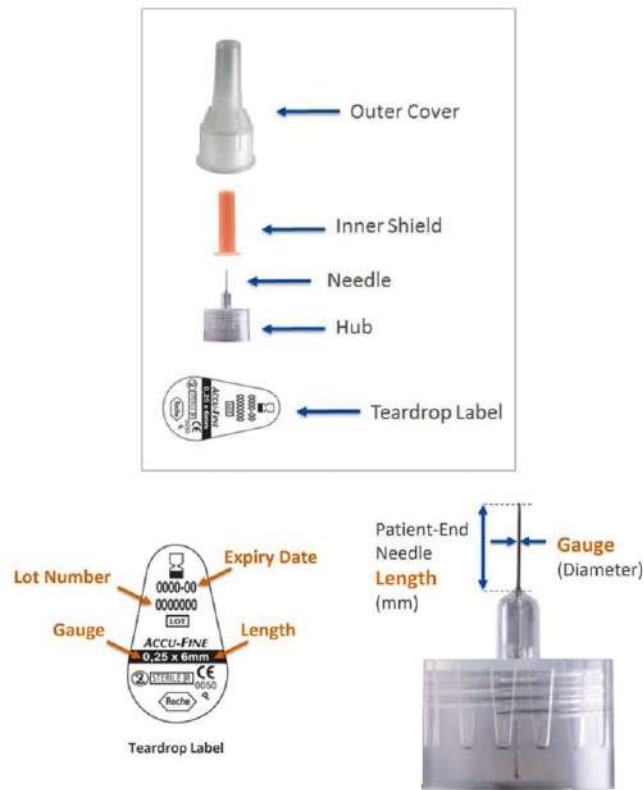
Buttock
upper &
outer
quadrants

Abdomen > Arms > Thighs >
Buttocks.

Lipodystrophy is the most common complication of subcutaneous insulin administration. It can present either as lipohypertrophy or lipoatrophy.



NEEDLE USAGE



- Reusing needles is not recommended by the manufacturers.
- Needles are reused as a cost cutting method.
- Excessive reuse ($> 5-6$ times) may be associated with lipohypertrophy.
- Changing the needle immediately is recommended if the injection is painful/ needle has touched any surface or is bent.

INSULIN STORAGE



- Insulin not in use should be stored at 2-8°C in the refrigerator until the expiry date.
- Within the refrigerator, it is preferable to store insulin away from the freezer or chill tray in a clean and separate box.



Carrying insulin with cool pack or cool pouch is generally advised if outside temperature is $>30^{\circ}\text{C}$