Choose the injection site
- Recommended sites are the abdomen, thigh, back of arms and buttocks.¹
- Be sure to rotate between and within sites.¹
- Ensure injections are always a finger width apart.¹
- Visually check and palpate for lipohypertrophy. Do not inject into these sites—insulin will not work correctly if it is injected into these areas.¹
- Cleanse the skin.

Prepare the pen needle
- Remove the pen cap and wipe the rubber seal on your pen with an alcohol swab. Pull the peel tab off the pen needle.
- Holding the outer cover, screw the pen needle straight onto the pen.
- Remove the outer cover.
- Check that the pen needle is attached correctly and prime the pen according to the manufacturer’s instructions for use.
- Select the insulin dose.

Administer the injection
- No pinch-up technique needed.† Inject at a 90° angle to the skin.
- Insert the needle straight into the skin in one continuous motion until the white sleeve touches the skin. Maintain constant pressure against the skin (do not change hands).
- Push the thumb button down to administer the dose; leave the needle in the skin for up to 10 seconds after the thumb button is fully depressed. Refer to pen instructions for specific hold times.

Correctly dispose of sharps
- Lift the pen needle away from the skin. A red band shows that the safety shield is locked.
- Hold the white sleeve of the pen needle and twist it off. The pen connection end of the needle is now protected with an orange shield.
- Dispose of it in a sharps container.¹
- The BD AutoShield Duo™ safety pen needle is designed for single use only.¹

* Lipohypertrophy describes rubbery lumps of fat located near injection sites.²
† Children from 2 to 6 years old, extremely lean adults or patients with loose skin may need to use a pinch-up technique.

References: