

Injection technique recommendations¹

Follow these recommendations for a comfortable and effective injection.^{1,5#}

The correct injection technique can help you manage your diabetes more easily.^{1,5}



Use a short needle

- Use a 4mm or 5mm pen needle to ensure your medication is delivered into the fatty layer below the skin surface, avoiding the muscle.¹
- Injecting your medication into a muscle can make your medication work too quickly causing low blood glucose levels.¹
- Short needle lengths (4mm and 5mm pen needles) are recommended for adults, children, and those who are overweight.^{1*}

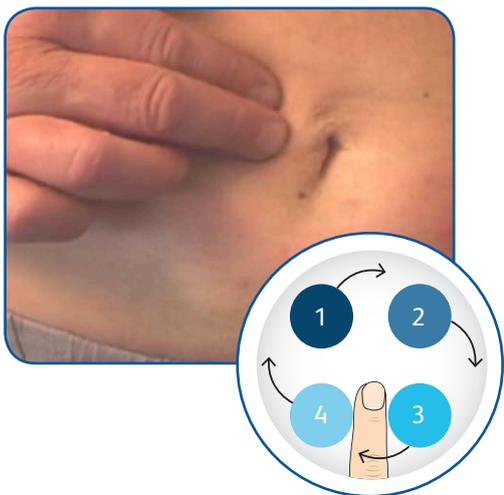


Use a new needle for every injection

- Use pen needles and syringes once and discard after use.¹
- Do not leave pen needles attached to your medication pen. Air and contaminants can affect dose accuracy and your blood glucose levels.¹
- Re-using needles can increase the risk of:
 - needles bending and breaking, which can affect the delivery of your medication.^{2,3}
 - pain and discomfort, which may result in bruising and bleeding.^{3,4}

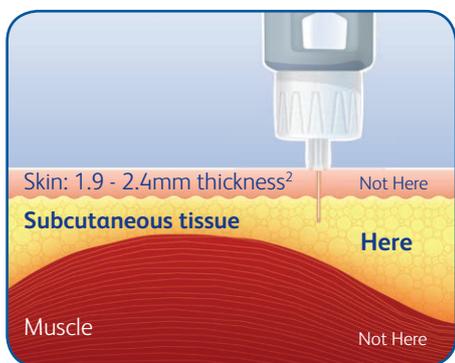
* Very slim adults may need a lifted skin fold at all sites. Children using a 5mm pen needle or longer should be switched to a 4mm pen needle if possible and if not, should always use a lifted skin fold.¹

Injection technique guidelines



Rotate your injection sites properly

- Recommended injection and infusion sites are the abdomen, thigh, and buttocks.¹
- Always inject at least one finger-width away from your previous injection site.¹
- If you inject into the same site, you may develop fatty lumps and bumps at your injection site which may stop your medication working properly.¹
- Talk to your healthcare professional about an injection site rotation plan.¹



Check your injection technique~

- Use a new needle for every injection.
- Don't push the needle hub in so deeply that it indents the skin. This may inject your medication into the muscle.¹
- Use a new injection site for every injection.¹
- Depress the plunger slowly and fully to ensure all your medication is injected.¹
- Count to 10 after the plunger is fully depressed before removing the needle.^{1-~}

The BD Ultra-Fine™ Pen Needle with EasyFlow™ Technology

- 5-bevel needle tip ensures a more gentle and comfortable injection experience.^{5#}
- Less effort and time to inject for people with hand strength issues.^{4§}
- BD Ultra-Fine™ Pen Needles are suitable for most people with diabetes and are compatible with leading brands of pen devices.^{1^}



NDSS Product Code: 97

BD Pen Needles are used to inject diabetes medications. Always read the label and consult your healthcare professional regarding treatment of your diabetes.

^ As at March 2019.

§ Photographs from Dieter Look and Kenneth Strauss: 'Nadeln mehrfach verwenden?' Diabetes Journal 1998, 10:5: 31-34.

5 Compared to standard BD thin wall pen needles.

Compared to standard BD 3-bevel pen needles.

~ Always follow the instructions of the pen manufacturer.

References:

1. Frid AH, Kreugel G, Grassi G. Mayo Clin Proc. September 2016;91(9):1231-1255. 2. BD Data on file. 07D015070015ReuseWP. 2006. 3. Look D, Strauss K. Diabetes Journal 1998; (10): 31-34. 4. Misnikova IV, Dreval AV, Gubkina VA et al. J Diabetology. 2011; 1(1): 1-5. 5. Hirsch L, Gibney M, Berube J, et al. J Diabetes Sci Technol. 2012; 6(2): 328-335. 6. Aronson R, Gibney, Oza K. et al. Clin Ther. 2013; 35: 923-933.

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