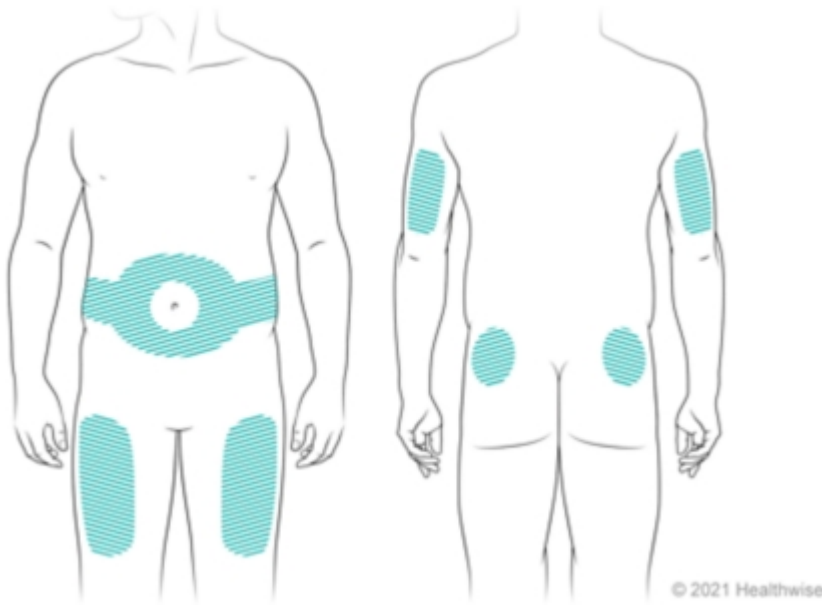




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Insulin injection areas



There are several areas of the body where insulin may be injected:

- The belly, at least 2 in. (5.1 cm) from the belly button. The belly is the best place to inject insulin. This is because the belly area can absorb insulin most consistently.
- The front of the thighs. Insulin usually is absorbed more slowly from this site. It may go more quickly here if you exercise soon after injecting insulin.
- The back of the upper arms.
- The upper buttocks.

Rotate the location of the injection. And at each location, slightly change the injection spot each time you inject insulin. Avoid injecting in the exact same spot. Using the same spot every time can form bumps or pits in the skin. For example, inject your insulin in your left upper arm, then the next time in your upper thigh, then the next time in your left upper arm again but slightly lower than before.

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Note: The "printer friendly" document will not contain all the information available in the online document. Some information (e.g. cross-references to other topics, definitions or medical illustrations) is only available in the online version.



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