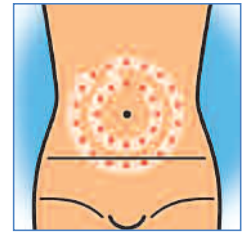
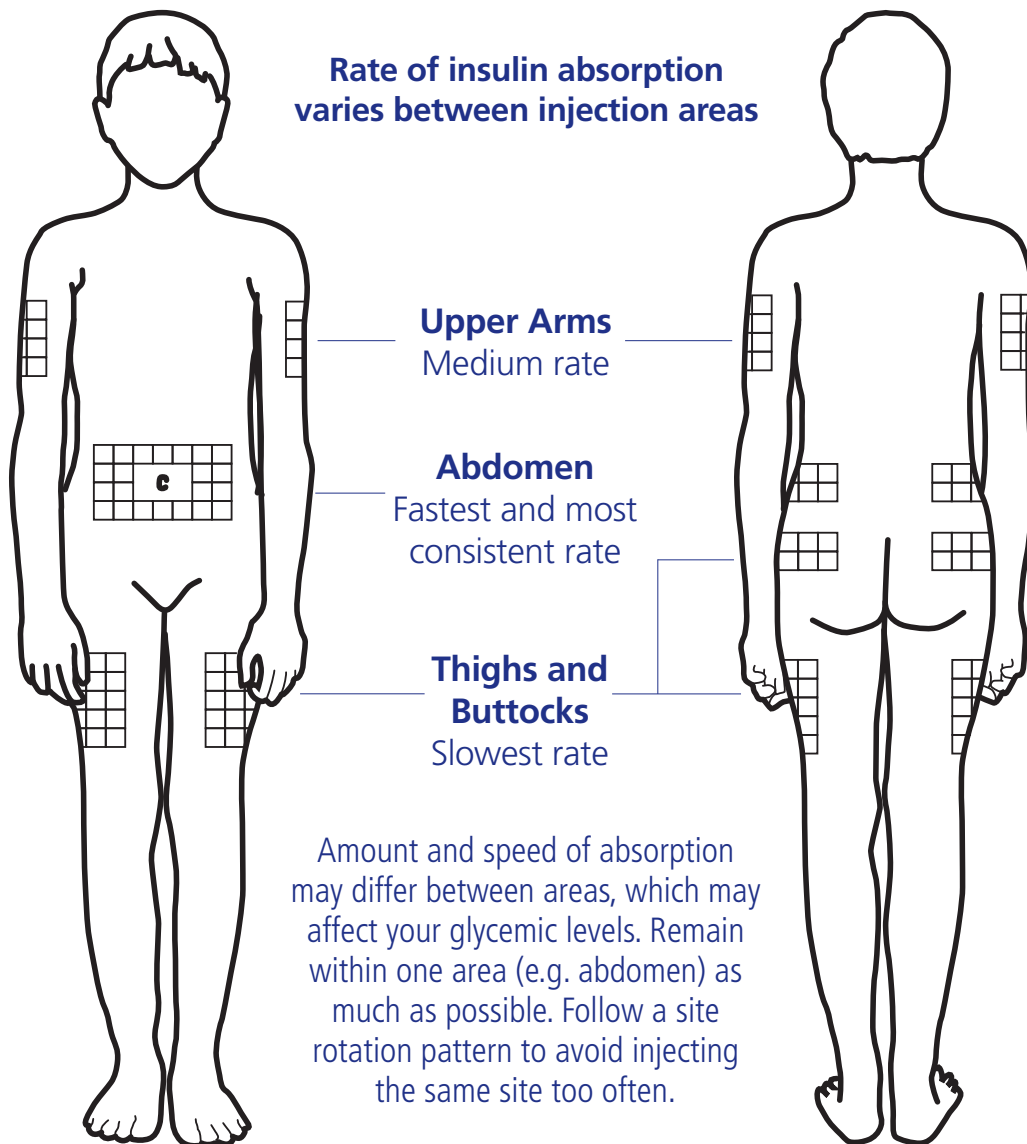


Site Rotation Chart

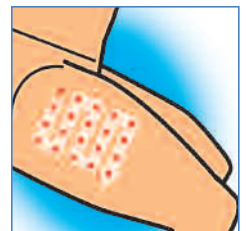
Please consult with your doctor, diabetes educator or pharmacist when considering appropriate needle length, injection site and injection technique to determine the best practices for your insulin delivery.



The abdomen is the best area for insulin absorption. Avoid injecting within two inches of your belly button.



The upper arms are the next best area for insulin absorption. This site is harder to reach, which makes it more difficult to inject yourself correctly.



The outer thighs and buttocks do not absorb insulin quickly. Exercise may change the rate of absorption. Speak with your Health Care professional prior to using this site.

Obtaining Blood Drop for Blood Sugar Monitoring

- Choose a finger or thumb to poke
- Use a different site each time
- Use only the outside edges of finger tips or thumb
- Use both sides of one finger or thumb then move to next

