

## Changing your injection sites

It is important to change where you inject your insulin each time you inject. This will help to ensure your insulin is absorbed properly and prevent the buildup of lumpy deposits.

You can choose a number of ways to ensure you rotate your injection sites to avoid using the same place. Some examples are shown:

• Horizontal Pattern



• Curve Pattern



• Zig Zag Pattern



• Crisscross Pattern



Other factors that can also affect your insulin absorption are exercise, heat and injecting into old sites or scar tissue. You should always avoid injecting into any lumps you may have from previous insulin injections

***Remember to contact your diabetes team or GP if you have any concerns***

## Further information

Diabetes New Zealand provides lots of information about diabetes.

[www.diabetes.org.nz](http://www.diabetes.org.nz)

WDHB Diabetes Service

09-4868920 ext 42505



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# How to use your insulin pen

*What you need to know*



