



FIT Technique Plus*

Making Injections more Comfortable

*Educational tools based on FIT Canada Recommendations for Best Practice in Injection Technique.

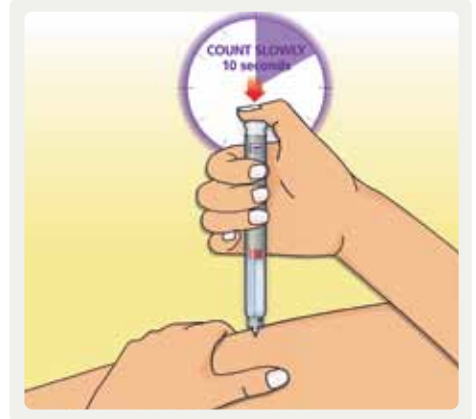


Did you know?



- Injectable therapy is an option to treat diabetes and can help you achieve better blood glucose control.
- Over the years needle technology has improved. Some pen needles are shorter, finer and have extra thin wall technology. These improvements all make injecting more comfortable than you might think.

- Injection technique also matters. When done properly, injections can be virtually pain free.
- If you are new to injecting, ask your educator to demonstrate proper technique using a pen and a shorter, finer pen needle.



Top tips for comfort⁴

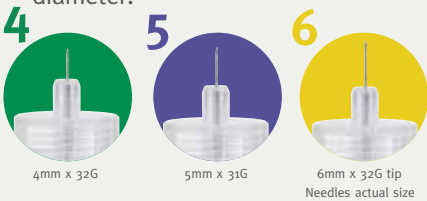


1 Keep injectable therapy in use at room temperature.

2 Use a new needle each time.



3 Use shorter needles and smaller diameter.



4 Inspect and palpate the skin prior to each injection to ensure injection site is healthy.



5 Inject solution slowly and evenly.

6 Avoid using alcohol to swab skin, but if used, inject only after it has dried completely.

7 Avoid injecting into hair roots, scars and moles.

8 Avoid injecting through clothing.

9 If the volume of your injection is uncomfortable, talk to your doctor about how to divide into 2 injections.

Did you know?



- Shorter needles means a reduction in anticipation of pain and in actual injection pain.¹
- Bleeding is more likely to be associated with injection pain; smaller diameter needles cause less bleeding, therefore less pain.¹

Recommended reading

Injection technique resource:
<http://www.bd.com/ca/diabetes/english/page.aspx?cat=14501>

1. Aronson R. The Role of Comfort and Discomfort in Insulin Therapy. *Diabetes Technology & Therapeutics*. April 2012;14(8):1-7.
 2. Hirsch LJ, et al. Comparative glycemic control, safety and patient ratings for a new 4mm x 32G insulin pen needle in adults with diabetes. *Curr Med Res Opin* 2010;6:1531-41. 3. Hirsch LJ, et al. Impact of a Modified Needle Tip Geometry on Penetration Force as well as Acceptability, Preference, and Perceived Pain in Subjects with Diabetes. *J Diabetes Sci Technol* 2012;6(2):328-335.
 4. Berard L, et al. FIT Forum for Injection Technique Canada. Recommendations for Best Practice in Injection Technique. October 2011.

