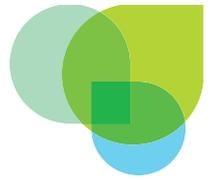




FIT Technique Plus*

Technique for All

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



Injection Technique. The basics.



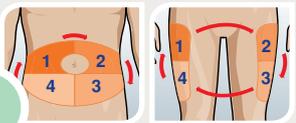
1  Inject into a clean injection site using clean hands. *(alcohol is not required)*

2  Gather your supplies, including your pen, insulin and pen needles. If your pen is not pre-loaded, load your insulin cartridge into your pen.

3  If you are using cloudy insulin, mix by rolling it 10 times and tipping it 10 times to ensure that it is a milky white consistency. *(clear insulin does not need to be mixed)*



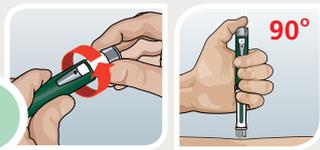
4  Choose your injection site. *(injection into the back of your own arm is not recommended)*

5  Rotate between injection sites.

6  Rotate within injection sites.

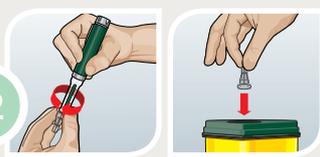
7  Attach your pen needle and remove both the outer and inner caps.

8  Prime your pen. Dial up 2 units and depress the plunger while holding the pen needle pointing up. If drops come out, your pen needle is primed, if not, repeat the steps until drops come out of the top of the pen. *(GLP-1 pens only need to be primed the 1st time you use them)*

9  Dial your dose and insert pen needle into skin at a 90 degree angle. *(refer to chart on page 2 on whether or not you should perform a skin lift and/or inject at an angle)*

10  Push down the thumb button completely. Count to 10, slowly. *(you may have to count past 10 seconds for larger doses)*

11  Withdraw the needle from the skin and release skin lift, if appropriate.

12  Remove pen needle and dispose of it in an approved sharps container. Replace pen cap.

13  Store insulin in use at room temperature. *(Once in use insulin should not be used for longer than 28 days, or as per manufacturer's instructions. Store extra insulin supply in the refrigerator. Check the expiry date before using.)*

14  Use pen needles and syringes only once.

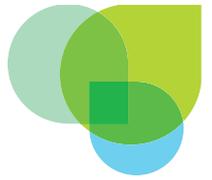




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To ensure you are getting your insulin where it needs to go, to be properly absorbed, ask a health care professional to help determine the injection sites and technique that would be best for you.

Injection Technique. The choices.

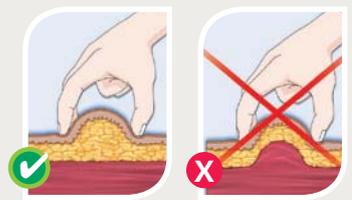


	Children (2-6 years)	Children (>6 years) & Teens (slim)	Children (>6 years) & Teens	Adults (slim)	Adults
4mm					
5mm					
6mm (pen or syringe)					
8mm	Preferable to use shorter pen needles and syringes				
8mm (pen or syringe)					
12.7mm	Not Recommended				

Did you know?



There is a correct, and incorrect way to perform a skin lift. Delicately lift the skin and subcutaneous tissue, or fatty layer, between your thumb and index finger, leaving the muscle behind.



References

Gibney MA, et al. Skin and subcutaneous adipose layer thickness in adults with diabetes at sites used for insulin injections: implications for needle length recommendations. *Curr Med Res Opin.* 2010; 26 (6): 1519-1530.

Berard L, et al. FIT Forum for Injection Technique Canada. Recommendations for Best Practice in Injection Technique. October 2011.

Lo Presti D, et al. Skin and subcutaneous thickness at injecting sites in children with diabetes: ultrasound findings and recommendations for giving injection. *Ped Diab* 2012.

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