Insulin injections

- Do not mix basal/24-hour insulin with any other insulin.
- Rotate/change the spot where you give your insulin to prevent swelling, lumps, and scar tissue.
- Inject insulin into fatty tissue.
- After injection, wait 5-10 seconds before removing the syringe (needle)/insulin pen from your body.

Injection Sites

- **Abdomen (stomach)**: Stay 2 inches away from the belly button or scars. Insulin is absorbed the best from the abdomen.

- **Arms**: Measure one hand width down from the shoulder and one hand width up from the elbow. Use the fleshy outer surface.

- **Legs**: Measure one hand width down from the groin and one hand width up from the knee. Use the top and outer part of the leg, staying away from the inner part of the thigh.

- **Buttocks**: Use the upper outer area.

*Injecting cold insulin may sting. If you store your insulin in the refrigerator, warm it to room temperature before injecting.*

Insulin Storage

- Keep **unopened** bottles/pens of insulin in the refrigerator or in a cool place (less than 86 degrees Fahrenheit).
- **Open** bottles/pens of insulin may be stored at room temperature (less than 86 degrees Fahrenheit) and away from direct sunlight for **up to one month**.
- NEVER store insulin in the freezer.
- Write the date on the bottle/pen when it is opened. Expiration dates of insulin will vary.
  Check the product instructions or ask the pharmacist for information about insulin expiration.