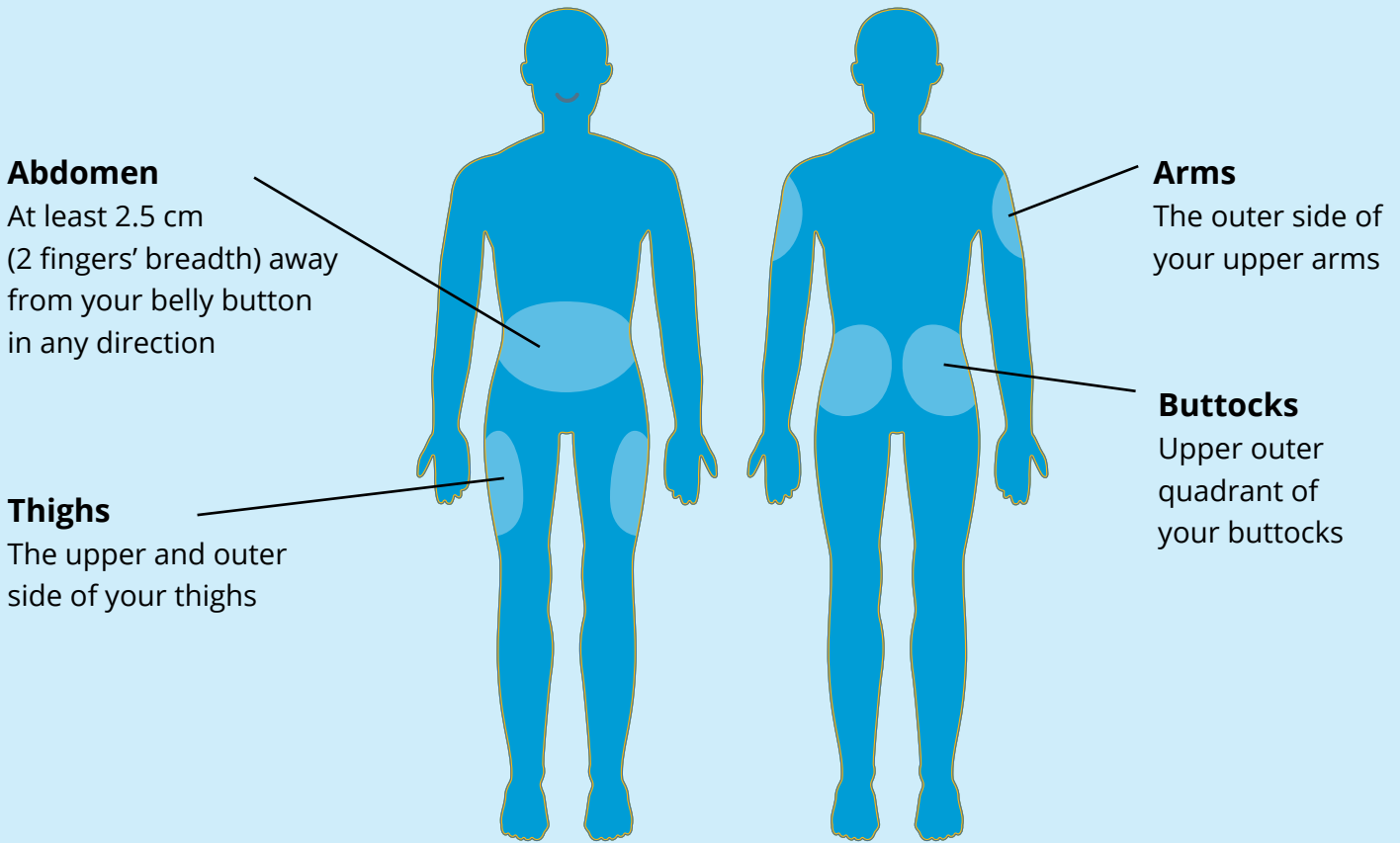


Insulin sites

Suitable sites for insulin injection

Visual guide to show where you can inject insulin



To note

- Different sites absorb insulin at different rates. Insulin is absorbed the fastest in the abdomen and slowest in the thighs
- Rotate sites (e.g right and left thigh) to avoid swelling as this may affect insulin absorption

Site rotation

Move 2 fingers along from your last insulin injection site

- Rotate injection sites by moving 2 fingers' breadth along from your last injection site until you have used an entire area
- Move to a new injection area every 1 to 2 weeks

