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Insulin Injections: Technique & Storage

Getting the most from your insulin

PATIENT INFORMATION LEAFLET



Insulin works best when it is injected correctly and stored properly. Good technique also prevents lumps under the skin and unpredictable sugar levels.

1 Injecting correctly

- Wash your hands; check the insulin name, dose and expiry
- Cloudy insulin: roll and tip gently 10–20 times before use
- Prime the pen with 2 units before each injection
- Inject into the tummy, thighs or buttocks
- Hold the pen in place for 10 seconds before removing

2 Rotate your sites

- Move each injection at least 1 cm (a finger-width) from the last
- Use a different area each week
- Never inject into lumps (lipohypertrophy) — insulin is absorbed poorly
- Use a new needle every time

3 Storing insulin

- Unopened: in the fridge at 2–8 °C, never in the freezer
- Keep away from direct sun and heat; use a cool bag when travelling
- In use: at room temperature (below 30 °C) for up to 4 weeks
- Throw away insulin that has frozen, become lumpy or changed colour

⚠ When to get medical help

- Frequent hypos or very high readings
- Lumps, redness or pain at injection sites
- Confusion about your dose — always ask before changing it

TIP Dispose of used needles safely in a hard plastic bottle with a lid.

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