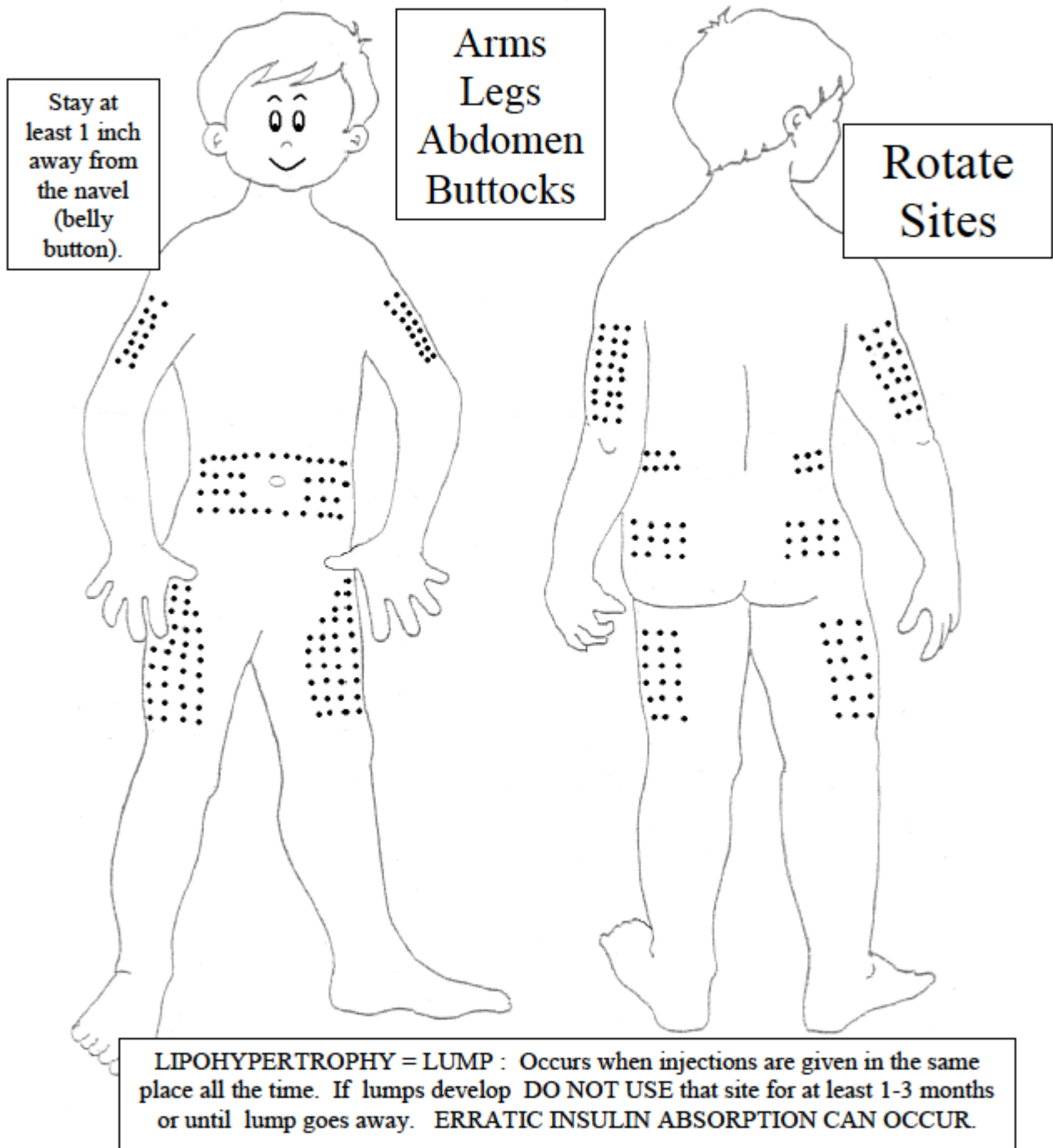


When giving injections, it is important to rotate injection sites to reduce the risk of lipohypertrophy (fatty lumps under the skin). It is caused by receiving multiple injections in the same area of skin over an extended period of time. These lumps can be slightly painful and may affect the absorption of insulin.



Updated 2/17/19

This document is not intended to take the place of the care and attention of your personal

physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

[Disposing of Needles Safely](#)

[Using an Insulin Pen](#)

[Drawing Insulin from a Vial](#)

[Infusion Sets](#)

[Smart Insulin Pens](#)

Sources

[Managing Diabetes: Injection Site Rotation - Golisano Children's Hospital \(University of Rochester\)](#)

[Pro Tips \(and Tricks\) for Easier and Better Insulin Injections — AADE](#)

[Why Should I Rotate Injection Sites? — BD](#)

Research Articles

[Survey of Insulin Site Rotation in Youth with Type 1 Diabetes Mellitus — PubMed](#)

[Rotation of the anatomic regions used for insulin injections and day-to-day variability of plasma glucose in type 1 diabetic subjects — Practical Diabetes](#)
