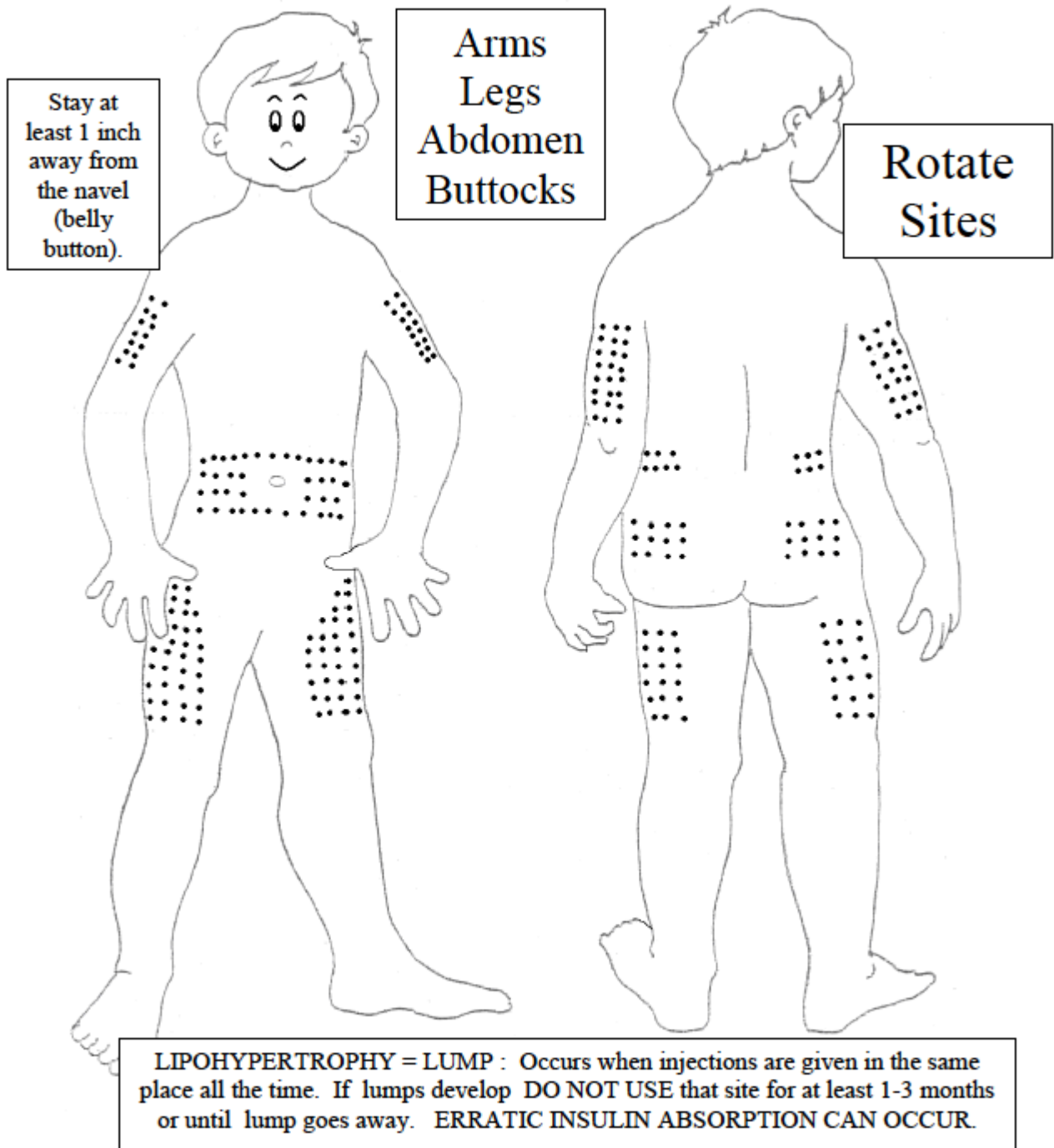


## Rotating Injection Sites

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.

# Rotating Injection Sites



Updated 2/17/19

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

# Rotating Injection Sites

*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**

[\*Drawing Up and Giving Insulin — Understanding Diabetes: Chapter 9\*](#)

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

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

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## **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\*](#)

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