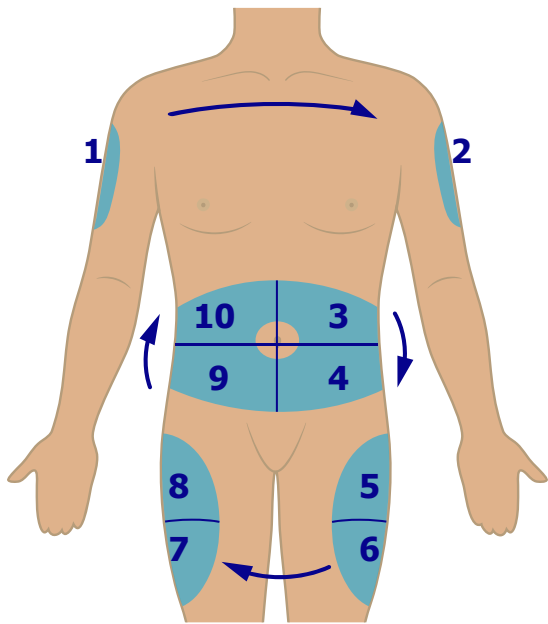


# INJECTION SITE ROTATION



## What does “site rotation” mean?

Changing the place on your body that you give your shots is called site rotation. When you rotate sites you follow a regular pattern as you move your shots from place to place.

## Why should I rotate the site on my body?

It is important to rotate the injection site on your body to make sure you are giving your shot into healthy skin. If you always give shots in the same place, it can cause lumps of fat or scar tissue to grow under the skin. Any type of insulin shot can cause lumps and scarring. It does not matter if you use a pen, a vial and syringe, or an insulin pump. These lumps and scars make it harder for the body to absorb insulin and can make blood sugars harder to manage.

## How often should I rotate the site on my body?

The shots can be given close to each other but each dose must rotate. It helps to have a pattern of where to give the shots so you remember to rotate. For example:

- In the mornings give insulin in the arms.
- At lunch give it in the legs.
- At dinner give it in the abdomen

Another idea for rotating is to use one area at a time. For instance:

- Use the right arm for 3-4 days
- Then use the left arm for 3-4 days
- Then the right side of the abdomen for a week
- Then use the left side of the abdomen for a week and so on.

Using a site rotation pattern like this will help make sure that each area has plenty of rest before you use it again. This will help keep your skin healthy so you can absorb insulin better.



The skin where I give my shots is starting to feel puffy and thicker than other parts of my skin.



That happens if you always give your shot in the same spot. You need to rotate the injection sites on your body.