

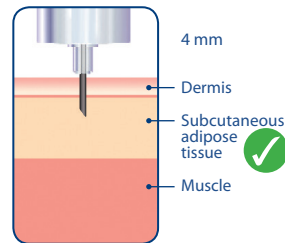


2 THE ALTERNATION OF THE INJECTION SITES:

SUBCUTANEOUS tissue is the ideal one for insulin injections (it is the layer located just below the skin and above muscles). Insulin is absorbed regularly at any depth of the tissue.

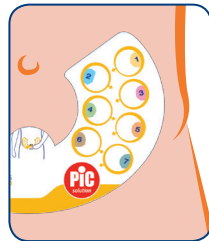
This allows greater dose reliability and fewer variations in blood sugar levels. Remember to:

- Alternate between injection sites, using the abdomen, thighs, arms and buttocks.
- At each site we recommend moving the exact point of injection by at least 1 cm.
- Alternate between the right and left sides of the body.

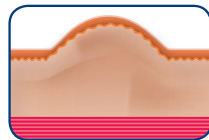


A good example of alternation:

- Rotate sites (once the thighs, once the arms, once the abdomen); change sides (once on the right and once on the left).
- Rotate within sites (moving by about 1 cm from the point of the previous injection). One useful tip is to associate a given time to a given injection site.



Repeatedly performing injections in the same place and/or using the same needle several times can cause **LIPODYSTROPHY** (swelling, skin depressions) or reddening and haematomas.



Lipodystrophy is an alteration in skin appearance due to repeated insulin injections in the same site, and is the result of various factors including the reuse of disposable needles and administration with poor quality needles.

Pic Solution.
Specialists in self care.

106703.M1.1

00_091028_820_020

www.picsolution.com



THE RIGHT INJECTION TECHNIQUE

“Every day, trouble free”



Pic Solution.
Specialists in self care.

The importance of the right injection technique

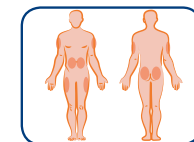
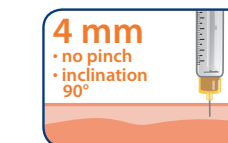
The objective of insulin therapy is GLYCAEMIC CONTROL. **Many insulin injections are not performed properly. The result is almost always that the intake of insulin is not consistent, resulting in glycaemic variability.**

On the contrary, an injection done right optimises the result of insulin therapy and improves glycaemic control. Attention needs to be focussed on two key aspects:

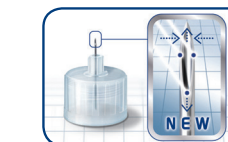
1 CHOICE OF NEEDLE:

It is important to use the needle that causes the least amount of trauma and which best fits your therapeutic needs:

- It is important to use a proper injection technique to reach the subcutaneous layer.
- A 4mm needle allows for the maximum alternation of sites (abdomen, gluteus, thigh and arm).



- The three-edge tip requires less penetration force, thus minimising invasiveness, which means no pain.



Distributed in Canada by:

DOMREX PHARMA
269 rue Robinson,
St-Eustache, QC, Canada, J7R 5V7
Tel : 450-687-0990
info@domrexpharma.com
www.domrexpharma.com



Artsana S.p.A.
Via Saldarini Catelli, 1
22070 Grandate (CO) Italy
Telefono 031-382.111
Fax 031-382.400

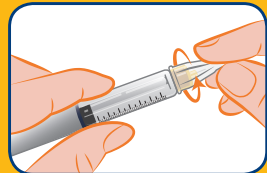


Specialists in self care.

The right way to perform an injection

01

Screw the needle on correctly



NOTE

Select and expel 5 units (or in any case until the liquid comes out) only the first time the pen is used

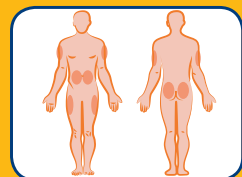
02

Select the dose to be injected



03

Select the injection site



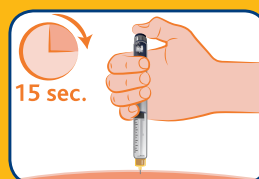
04

Inject choosing the right technique for your needle



05

Wait 15" to allow the units of insulin to be absorbed



EXTRA HELP FOR YOU!



The right injection technique?

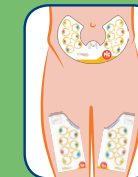
Discover how on the "Pic it easy" YouTube channel

Pic it easy!

Tips for a correct insulin therapy

WHAT TO DO

Alternate the injection sites



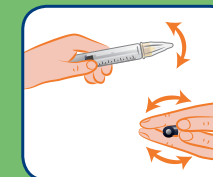
Keep used insulin at room temperature away from sources of heat



Keep new insulin in the refrigerator



If you are using cloudy insulins, rotate and shake the pen delicately



WARNING

Do not massage the site after injection



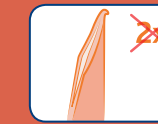
Do not disinfect (except in hospital settings)



Do not inject through clothing



Do not reuse needles



Avoid the area around the belly button



Do not inject cold insulin

