

# The Long Story Short

Optimizing Choice and Use of Insulin Needles

**LONGER**  
Time for Injection

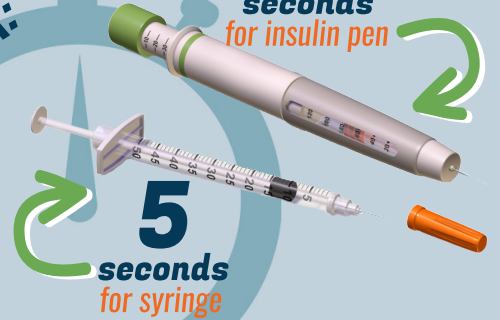
✓ prevents leakage

✓ ensures full dose received

HOLD NEEDLE UNDER SKIN FOR:

**10**  
seconds  
for insulin pen

**5**  
seconds  
for syringe

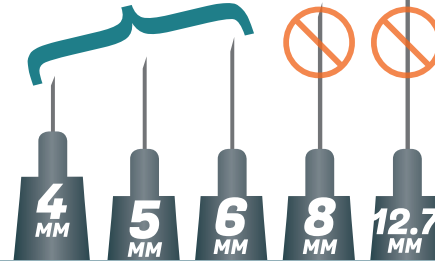


**SHORTER**  
Needle Size

INJECTION SHOULD BE GIVEN AT:

90°  
angle

Recommended for ALL patients regardless of body weight



skin pinch is not required for most people

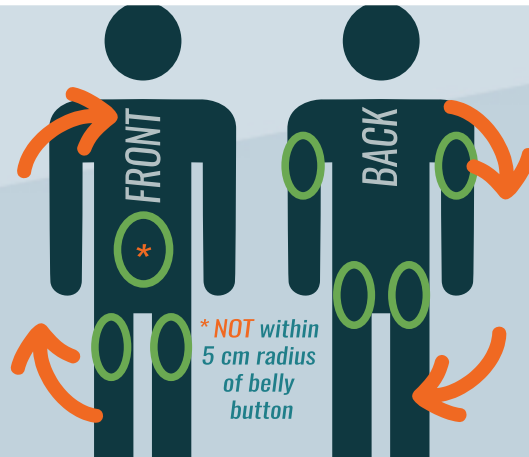
↓ PAIN

↓ RISK OF INJECTION INTO MUSCLE

😊 FRIENDLIER FOR NEW INSULIN STARTS

**ROTATE**  
Injection Sites

Check for **LIPOHYPERTROPHY** (fat redistribution causing lumps under skin) at injection sites



Recent Canadian research found almost 1 in 3 people injected insulin into the same site at the same time each day and 1 in 4 reported Lipohypertrophy at injection site.

**CHANGE**  
Needles Every Time

✓ Sharper needles are less painful needles.

⊘ Reusing needles can save money, but can also damage your skin

BEFORE USE

AFTER 1 USE

AFTER 6 USES



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**References:**

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\* In general, pinching of the skin prior to injection is only necessary if the patient is: using a 12 mm pen/syringe needle, very thin, pregnant & injecting in abdomen, or a child under 6 years of age

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