The Long Story Short
Optimizing Choice and Use of Insulin Needles

**LONGER Time for Injection**
- Prevents leakage
- Ensures full dose received
- 10 seconds for insulin pen
- 5 seconds for syringe

**SHORTER Needle Size**
- Recommended for ALL patients regardless of body weight
- Skin pinch is not required for most people
- 90° angle
- 4 mm 5 mm 6 mm 8 mm 12.7 mm

**ROTATE Injection Sites**
- Check for Lipo hypertrophy (fat redistribution causing lumps under skin) at injection sites
- Not within 5 cm radius of belly button
- Front
- Back
- 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 lipo hypertrophy 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
Author: Karen Jensen

References:


* 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.

Disclaimer:
The content of this infographic represents the research, experience and opinions of the authors and not those of the Board or Administration of Saskatoon Health Region. Neither the authors nor Saskatoon Health Region nor any other party who has been involved in the preparation or publication of this work warrants or represents that the information contained herein is accurate or complete, and they are not responsible for any errors or omissions or for the result obtained from the use of such information. Any use of the infographic will imply acknowledgment of this disclaimer and release any responsibility of Saskatoon Health Region, its employees, servants or agents. Readers are encouraged to confirm the information contained herein with other sources.