



# FIT Technique Plus\*

## Needle Length

\*Educational tools based on FIT Canada Recommendations for Injection Technique, updated February 11th, 2020

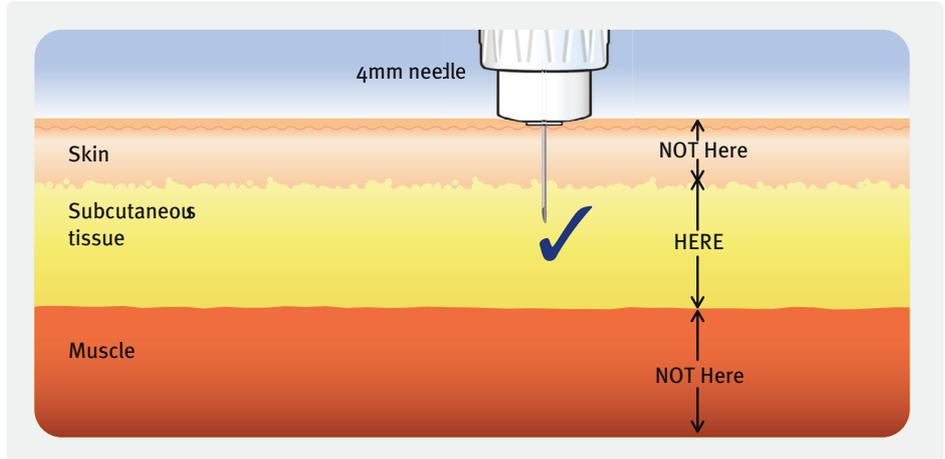


### Did you know?



#### Insulin is best absorbed in the subcutaneous layer

Insulin injected into the muscle will not be absorbed properly. It may be painful and could be the cause of low or high blood sugars.



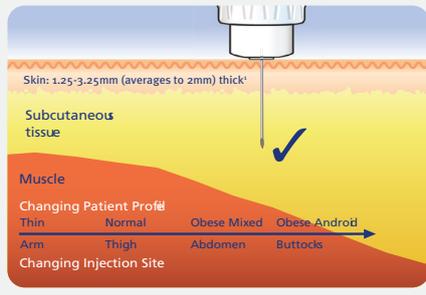
### Did you know?



Needles come in **many lengths** from 4mm to 12.7mm long.



New research of the skin shows that on average the skin is only 1.25 - 3.25mm (average 2mm) thick in all people living with diabetes.<sup>1, 5</sup>



This means that **4, 5 and 6mm needles are suitable for all people living with diabetes who inject.**<sup>4</sup>

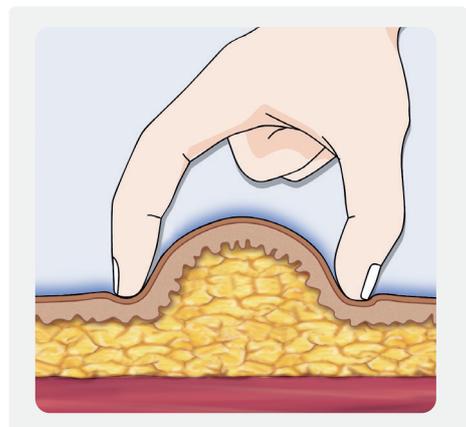


### Did you know?



#### How you inject your insulin matters

If you choose to use longer pen needles or syringes, or if you are extremely lean, you may need to perform a skin lift in order to avoid injecting into the muscle. Review your injection technique with your doctor or diabetes nurse today.



1. Gibney MA, et al. Skin and subcutaneous adipose layer thickness in adults with diabetes at sites used for insulin injections: implications for needle length recommendations. *Curr Med Res Opin.* 2010; 26 (6): 1519-1530.  
2. Hirsch LJ, et al. Comparative glycemic control, safety and patient ratings for a new 4mm x 32G insulin pen needle in adults with diabetes. *Curr Med Res Opin* 2010;6:1531-41.  
3. Bergenstal RM, Strock ES, Peremislav D, et al. Safety and Efficacy of Insulin Therapy Delivered via a 4mm Pen Needle in Obese Patients With Diabetes Data Previously Presented: Data presented in part at the 2013 American Diabetes Association annual meeting in Chicago, IL.  
4. Hicks D, et al. The First UK Injection Technique Recommendations 2nd Edition October 2011.  
5. Lo Presti D, et al. Skin and subcutaneous thickness at injecting sites in children with diabetes: ultrasound findings and recommendations for giving injection. *Ped Diab* 2012;13(7):525-53.  
\* The needles sizes are for illustrative purposes only and do not reflect the actual size.