



# FIT Technique Plus\*

## Site Selection & Site Rotation

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



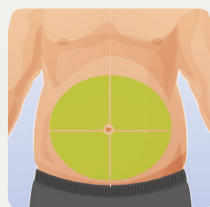
### Did you know?



#### Where you inject insulin matters.

The preferred areas to inject are:

- ✓ abdomen
- ✓ thighs
- ✓ buttocks



abdomen



thigh



buttocks



back of arms

#### The back of the arm is not recommended

for self-injection due to difficulty accessing the site. caregivers who have been properly instructed in insulin injection technique may choose this site for convenience.

### Did you know?

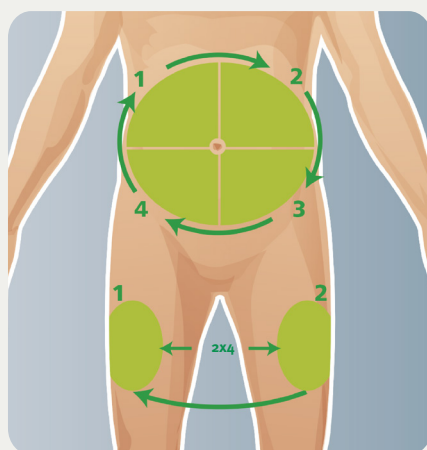


A structured rotation pattern can help prevent problems at injection sites. Structured rotation means rotation between injection sites and within an injection site.

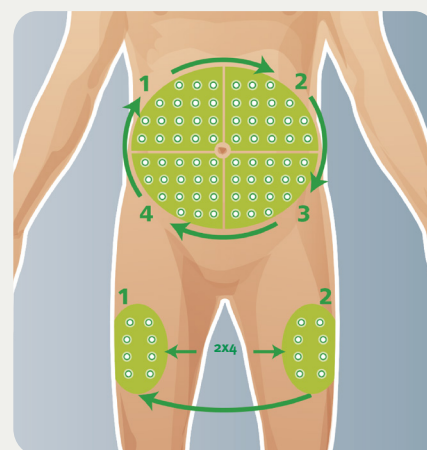
For example,

1. Divide your abdomen injection area into 4 areas.
2. Divide each area into smaller sections. Use only one section each week.
3. Rotate within that section, in a circular pattern, with the next injection being 1-2cm from your last.
4. Rotate to the next section the following week, etc.

#### rotate the site you use



#### rotate within the site you use



### Did you know?

Risk of lipohypertrophy at your injection sites is higher when you don't change your needle and when you don't rotate your injection sites with each injection.

Injecting into an area of lipohypertrophy may prevent your insulin from working the way it should. That's why it's important to rotate properly and check your site before you inject.<sup>1</sup>

#### Steps for site inspection:

1. Stand up and feel the area where you normally inject.
2. Look and feel for puffiness, raised areas, redness, hardness or lumpiness.
3. Discuss any concerns with your health care professional.



### My Site Rotation Plan



It's all about keeping your injection sites healthy. Establish a routine and keep track!

There are many examples of how to rotate your injection sites. Your health care professional can assess your sites to help you design a site rotation plan that will work best for you.

See next page for an example of an injection site rotation plan.

1. Famulla, S. Hovelmann U, Fischer A. et al. Insulin Injection Into Lipohypertrophic Tissue: Blunted and More Variable Insulin Absorption and Action and Impaired Postprandial Glucose Control.

2. Diabetes Care 2016;39:1486-1492

3. Frid, A. Hirsch, L. Menchoir, A. Worldwide injection technique questionnaire study: Injecting complications and the role of the professional. Mayo Clinic Proc. 2016;91:1224-1230.

4. Hirsch L. Bryon K. Gibney M. The intramuscular risk at insulin injection sites; measurement of the distance from skin to muscle and rational for shorter-length needles for subcutaneous insulin therapy. Diabetes Technol Ther. 2014;16:867-873.





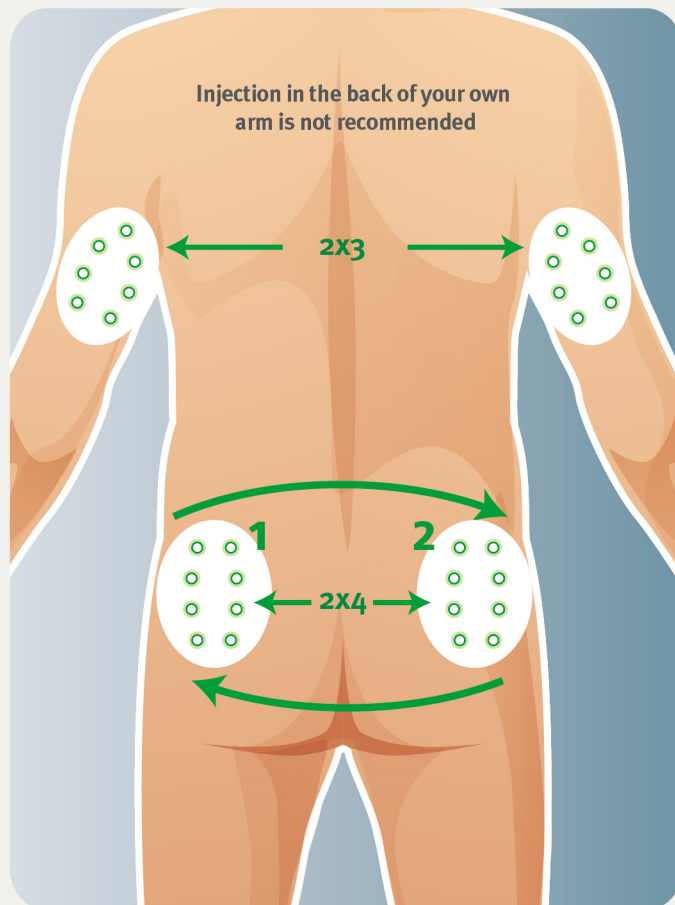
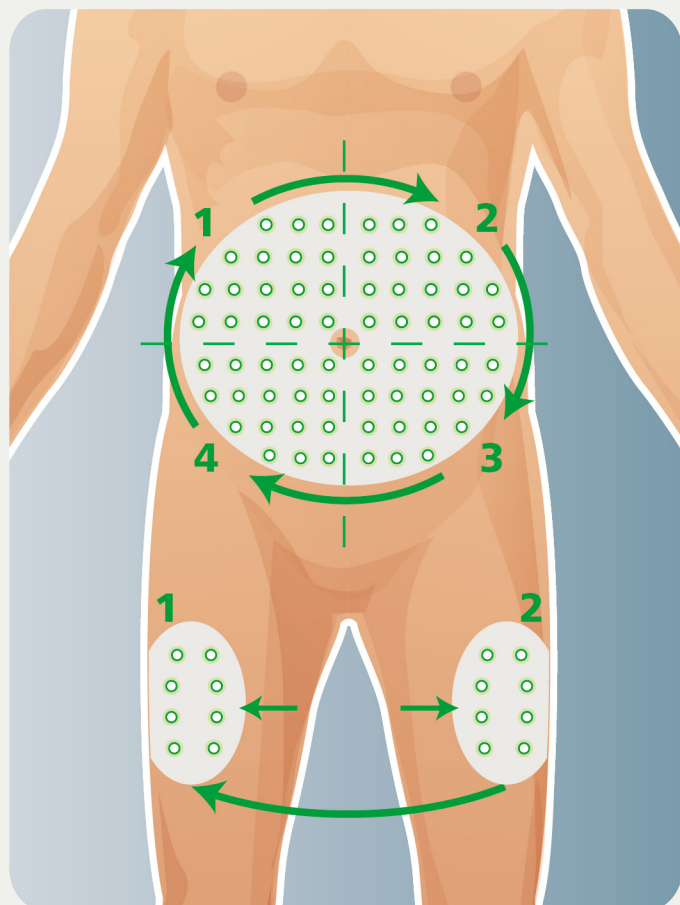
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### My Site Rotation Plan



### Notes...

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