

Patient Information

## Paediatric Diabetes

# Paediatric diabetes - Insulin injections

You will be shown how to use your insulin pen device and how to give an injection by your nurse.

Your type of insulin is called.....

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Your insulin pen device is called.....

.....

Your pen needles are called.....

Your needle size is.....

Your injection times are:

Before/After Breakfast.....

Before/After lunch.....

Before/After Tea.....

Before Bed.....



### Where to inject your insulin

It is recommended that your chosen injection sites are:

- Arms
- Tummy
- Thighs
- Buttocks

Different injection sites absorb insulin at different rates.

- **Tummy:** A good place for your morning injection or when using fast-acting insulin.
- **Thighs and buttocks:** Suitable for your evening injection or slow acting insulin.

### Useful Tips

- If your insulin is a mixture of quick acting and slow acting insulin, make sure you mix it thoroughly as shown by your diabetes nurse.
- Do a 2-unit air shot before dialling up your dose of insulin.
- Always rotate your injection sites, using the same site at the same time of day.
- Do not use the exact same area for injections as the last time. Move the injection site about a finger's width from the previous place.
- Use a new needle for each injection.
- You will be taught how to hold your skin with your fingers before injecting.



(FIT Forum for Injection Technique 2017)

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- Push the needle straight into the skin as far as it will go. With your thumb pushing on top of the plunger, smoothly give all your insulin dose.
- Count to 10 seconds before removing the needle and releasing the skin.
- Always remove your needle after giving your injection and dispose of it safely.

Please contact your diabetes nurse on 024 7696 7230 if you need help.

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the department on 024 7696 7230.

The Trust operates a smoke free policy.

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#### Document History

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