



FIT Technique Plus*

TIPS₄Teens

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



Take all your insulin every day in a timely manner

Insulin is an essential key in managing diabetes. When omitted or not given properly, it may lead to severe low or high blood sugars.



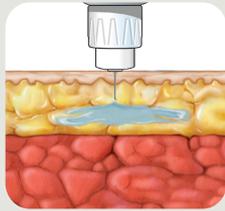
Technique is important for comfort and effectiveness

Prime your pen needle before each injection. Hold the needle under the skin for 10 seconds before removing.



Inject in the proper place

Inject into the fatty layer (subcutaneous tissue) just below the skin and not into the muscle.



Education about insulin storage

For a more comfortable injection, insulin in use should be kept at room temperature. Insulin is stable for 28 days after opening (42 days for detemir)*. Extra insulin supply should be stored in the refrigerator and used before the expiry date.

*Or, as per manufacturer's instructions.

approx
20°C

Pens are the preferred injection device

Pens deliver a more precise dose. They can either be reusable or disposable. To use a pen, you need to attach a new pen needle every time you inject.



Evaluate and re-evaluate

There are many reasons why blood sugars fluctuate. "Insulin resistance" is common during this time of your life and may require more insulin. Check your blood sugars regularly and attend your scheduled appointments with your diabetes care team.



Site rotation and inspection prevents lipohypertrophy

Lipohypertrophy (lumps under the skin) can affect how well the insulin is absorbed. Proper site rotation and using a new needle with every injection helps.



Never reuse your needles

Using a new needle every time reduces the risk of clogging of the needle and inaccurate dosing. Reusing needles can also cause pain, lipohypertrophy, needle bending and breakage.



4 mm needles are recommended

For a less painful injection, use a 4mm pen needle and insert at a 90 degree angle. If you are extremely lean, you may need to "pinch" or perform a skin lift before you inject.



Support from others is extremely important

Diabetes is a full time job. At times, you may feel all alone. This is normal. Draw strength from your friends, family and diabetes care team. They are there to work with you in helping to manage the challenging times of life with diabetes.

