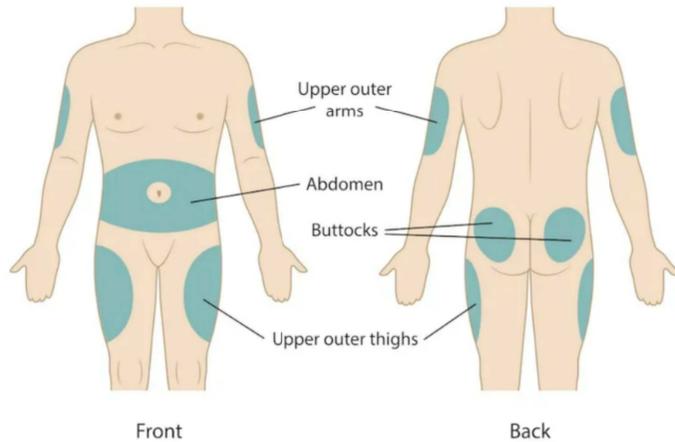


## INJECTION AREAS



To change of injection area is very important due to:

1. To avoid the irritation the skin and underlying fatty tissue.
2. The body absorbs insulin at different speeds from each of the areas.

Common injection areas are:  
**ABDOMEN, UPPER ARMS,  
THIGHS and BUTTOCKS.**

Lipohypertrophy, is the main complication, is a build-up of fatty lumps that occurs when diabetes medication is repeatedly injected into the same site and use a new needle for every injection.

These fatty lumps don't absorb your medication in the same way as healthy tissue, and can lead to variable blood glucose levels and increased medication dose requirements.

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## DIABETES TREATMENT

Unidad de Medicina Interna



Junta de Andalucía

Consejería de Salud y Familias

SERVICIO ANDALUZ DE SALUD

## DIABETES TREATMENT

There are a number of treatments available to manage and treat the different types of diabetes.

### TYPE 1 DIABETES

It usually appears in puberty and early adulthood.

In type 1 diabetes, the body does not produce insulin. Insulin is a hormone produced by the body, when it needs to get glucose from the bloodstream into the cells of the body.

### TYPE 2 DIABETES

It affects 90-95% of people with diabetes.

Type 2 diabetes is a disease that keeps your body from using insulin the way it should or for an insulin resistance.

If you can't maintain your target blood sugar level with diet and exercise, your doctor may prescribe oral pills, although over time you may end up requiring insulin therapy.

Healthy eating, regular exercise and to avoid being overweight is the main treatment in both types of diabetes.

### OTHER TYPES OF DIABETES

- **GESTATIONAL DIABETES** : This type of diabetes occurs during pregnancy due to insulin-blocking hormones produced during this period and it usually disappears after childbirth.

## INSULIN ADMINISTRATION

1. Wash your hands with soap and water.



2. Mix the insulin by slowly rolling the bottle between your hands or gently tipping the bottle over a few times. (ONLY FOR CLOUDY INSULINS)

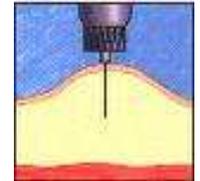
3. Attach a new needle onto the insulin pen.



4. Dose 2 units. With the pen pointing up, push the bulb in until at least one drop of insulin appears.



5. Pinch the skin and push the needle into the skin at the selected site.



6. After the dose has been injected, hold the needle in for a good 10 seconds to help insulin get delivered and prevent any of the dose escaping out.



7. Remove the needle and safely dispose it away in a sharps container. Remove the needle from the pen unscrewing. Leaving the needle on the pen can result in leakage or air bubbles.



8. Keep an insulin pen in the fridge until open it (between 2-8°C); after that, you can store it at room temperature (between 15-25°C), away from light.