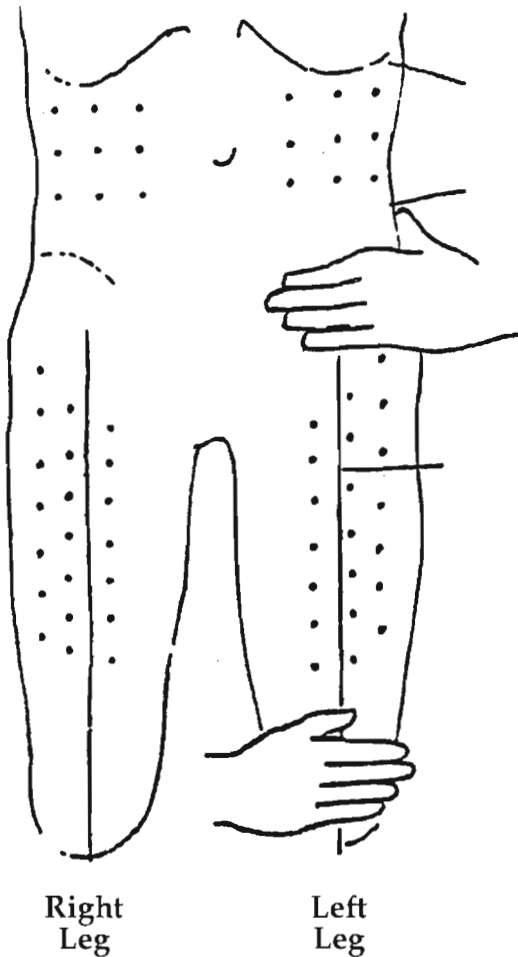


Insulin Rotation Record

NOTE: The abdomen is the preferred site for insulin injections. Insulin is absorbed the fastest and most consistently from day-to-day when injected in the abdomen.

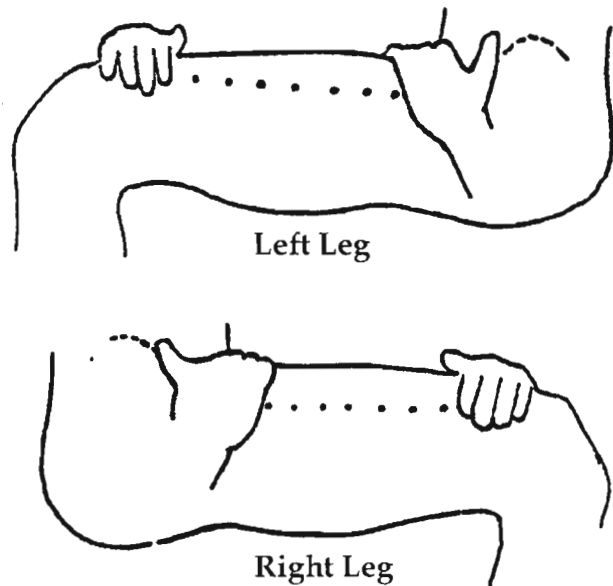


Landmarks for the Abdominal Site:

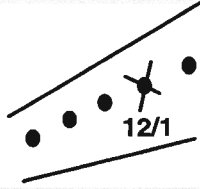
- Start below the last rib.
- Stay 2 inches from the navel.
- Extend to the side of the body.
- End just above the hip bone.

Landmarks for the Upper Leg/Thigh Site:

- Start 4 fingers from the groin.
- End 4 fingers from the knee.



Insulin Rotation Record



Mark the site where an insulin injection was given with an "X" and the date.

Keep at least one inch between injections.

Try to avoid injecting the same spot in less than 1 month.

If moving between major sites, use all of one site before moving to another.

Landmarks for the Upper Arm Site:

- Start just below the deltoid muscle.
- End four fingers above the elbow.

Landmarks for the Buttock Site:

Injections may be given in the upper outer quadrant of the buttock.

