



Additional Guidelines for Injection Sites

Do	Don't
<ul style="list-style-type: none"> • Do choose an area on the skin that is intact and free of irregularities such as scars, bruises, cuts, rashes, moles, etc. • Do observe skin in response to insulin injections. • Do report any skin changes or concerns to your delegating RN. 	<ul style="list-style-type: none"> • Don't inject insulin within two inches of the naval or belly button. • Don't do the following as they may increase the rate that the body uses the insulin. Specifically: <ul style="list-style-type: none"> ✓ Don't choose an area of the body that will be exercised (the thigh before a brisk walk). ✓ Don't inject insulin just before a bath, shower, hot tub use (or any activity that brings heat to the area). ✓ Don't rub or massage skin after an insulin injection.

Injection Sites

