Insulin Injections: Selection and Rotation of Sites

1. The stomach, arms, legs and buttocks can be used for insulin shots. Studies have shown insulin is absorbed best from the stomach, next from the arm and least from the leg and buttock.

2. Clean the site with alcohol. Let the alcohol air dry.

3. Give your shot in the same site but not the same spot for 7 to 10 days before changing to a new site.

4. Use a 90 degree angle so you go straight down into the skin for your shots.

5. Check the site for redness, bruising and leakage after each shot.

6. Talk with your doctor or nurse if you have any questions or concerns about where to give your insulin.

Learn more about your health care.