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Take a minute:
Better Discussions
for better diabetes care support

How to inject with a pen needle: key takeaways

The Challenge: The ADA 2022 Standards of Medical Care in Diabetes emphasizes that proper injection technique is important to effective insulin therapy and may help with patient outcomes.¹ Therefore, we need to ensure that patients and/or caregivers understand correct insulin injection technique.

The Opportunity: For patients filling a prescription for a pen needle, offer the following assistance.

- Recommend a **4mm** pen needle*
- Refer to attached instructions on how to inject with a pen needle

Examples of good questions to drive patient engagement:

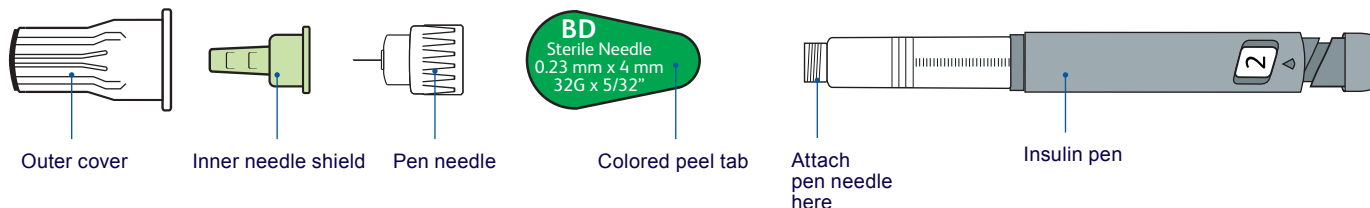
- I've noticed that you're new to insulin, and I understand that injecting a medication may be overwhelming. Can I take a minute to review proper injection practices with you?
- Is there anything that I can show or explain to you that would help with your current injection needs?
- What are the biggest challenges you face when administering your insulin?

*Recent evidence supports the use of short needles (e.g., 4-mm pen needles) as effective and well tolerated when compared to longer needles¹

1. American Diabetes Association. Standards of Medical Care in Diabetes—2022. Diabetes Care. 2022; 45(Suppl 1):S1-264.

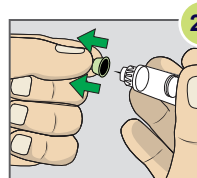
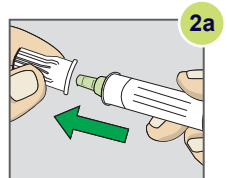
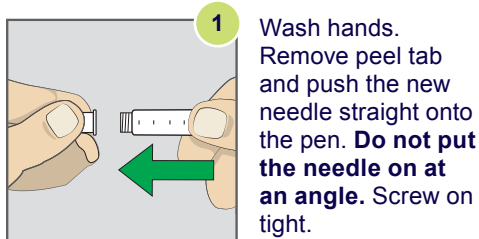
4 mm pen needle

Parts of a pen needle

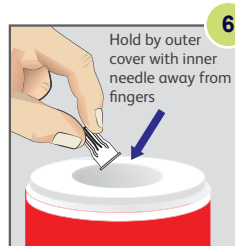
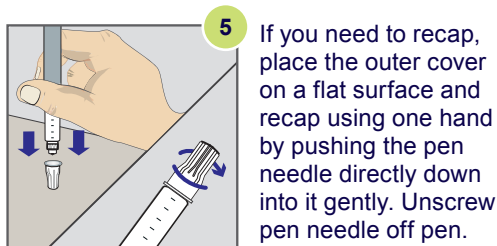
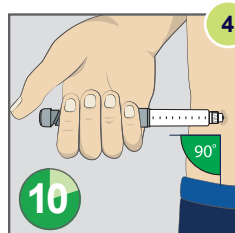
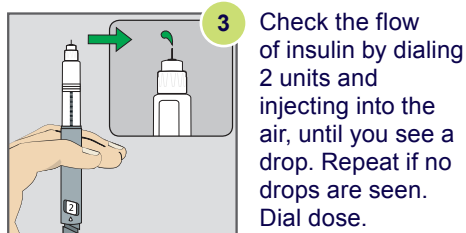


How to inject with a 4 mm pen needle

Please be sure to consult the pen manufacturer's instructions for injection of subcutaneous drugs other than insulin, as well as for additional preparation steps for insulin injection, including but not limited to removing the pen cap, dosage dialing and skin cleaning.



Warning: Remove both the outer cover and the inner needle shield before an injection. If both the outer cover and the inner needle shield are not removed before use, the medication or dose may not be injected, which may result in serious injury or death.



Safely dispose of pen needle immediately in appropriate sharps container.

For additional information, visit bd.com/sharpsdisposal

Consult the Instructions for Use and/or your Healthcare Professional about proper injection technique.

When refilling insulin, ask your patients if they need a refill of pen needles.

[†]Patients ages 2-6, or those who are extremely lean may require a pinch-up.