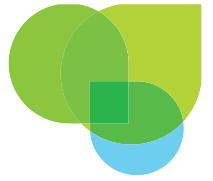




# FIT Technique Plus\*

## Technique for All

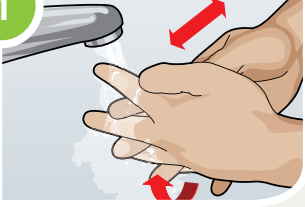
\*Educational tools based on FIT Canada Recommendations for Injection Technique 4th Edition, updated October 2021

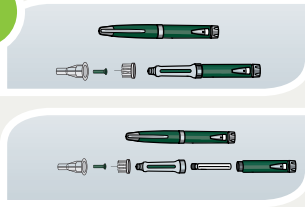


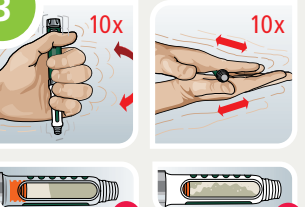
### Injection Technique. The basics.

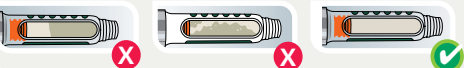



#### Preparing for injection


**1**  **Clean injection site and hands.**  
(alcohol is not required)

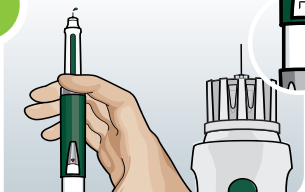
**2**  **Gather supplies.**  
Including your pen, insulin and pen needles.

**3**  **Mix cloudy insulins:** roll 10 times, then tip 10 times to see milky white consistency.




**4**  **Attach your pen needle**

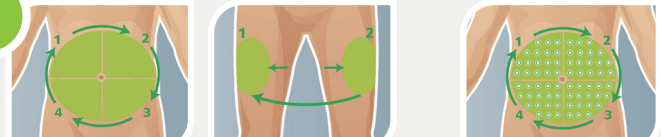
**5**  **Use pen needles and syringes only once.**

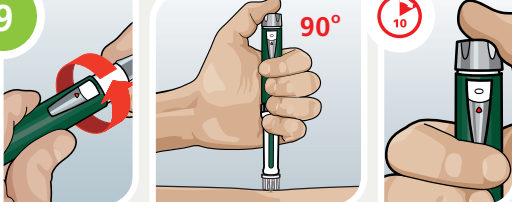
**6**  **Prime your pen.**  
Prime pen upwards with 2 or 3 units as per pen instructions. Repeat if needed until drops come out. (GLP-1 pens only need to be primed the 1st time you use them)

#### Injecting

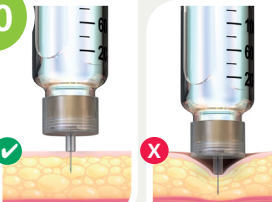
**7**  **Choose injection site.**  
(injection into the back of your own arm is not recommended)

#### Remember

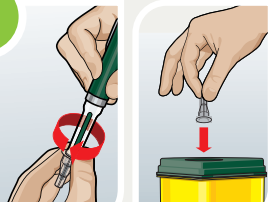
**8**  **Rotate between injection areas** **Rotate within injection zones**

**9**  **Dial dose.** Insert, push completely and count to 10.

#### Injection force

**10**  **Insert the needle through the skin** using a quick, smooth movement without excess force.

#### Disposal

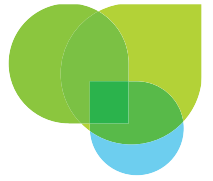
**11**  **Withdraw the needle from the skin.** Remove pen needle and dispose of it in an approved sharps container.



# FIT Technique Plus\*

## Technique for All

\*Educational tools based on FIT Canada Recommendations for Injection Technique 4th Edition, updated October 2021



To ensure you are getting your insulin where it needs to go, to be properly absorbed, ask a health care professional to help determine the injection sites and technique that would be best for you.

### Injection Technique. The basics.

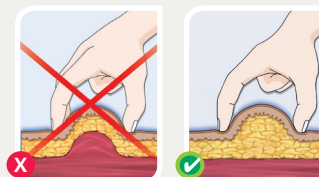


	Children (2-6 years)	Children (>6 years) & Teens (slim)	Children (>6 years) & Teens	Adults (slim)	Adults
4mm					
5mm					
6mm (pen or syringe)					
8mm	Preferable to use shorter pen needles and syringes				
8mm (pen or syringe)					
12.7mm	Not Recommended				

### Did you know?



**There is a correct, and incorrect way to perform a skin lift.** Delicately lift the skin and subcutaneous tissue, or fatty layer, between your thumb and index finger, leaving the muscle behind.



#### References:

Gibney MA, et al. Skin and subcutaneous adipose layer thickness in adults with diabetes at sites used for insulin injections : implications for needle length recommendations. *Curr Med Res Opin.* 2010; 26 (6): 1519-1530.

Berard L, et al. FIT Canada Recommendations for Injection Technique 4th Edition, September 2020

Lo Presti D, et al. Skin and subcutaneous thickness at injecting sites in children with diabetes: ultrasound findings and recommendations for giving injection. *Ped Diab* 2012.

Rini CR, et al. *J Diabetes Sci Technol.* 2019;13(3):533-545

