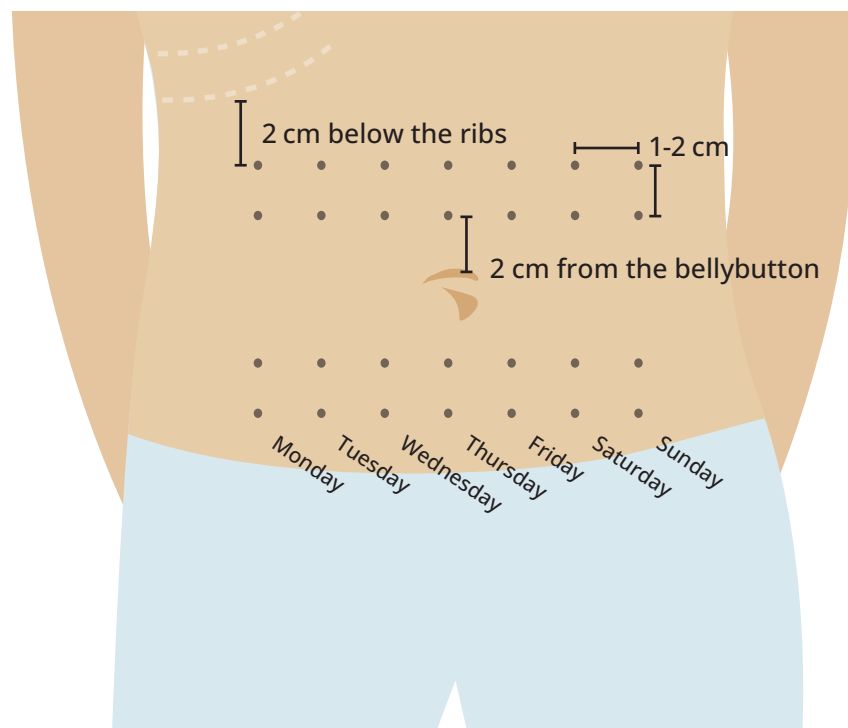


How to distribute insulin and GLP-1* on the body

Engelsk

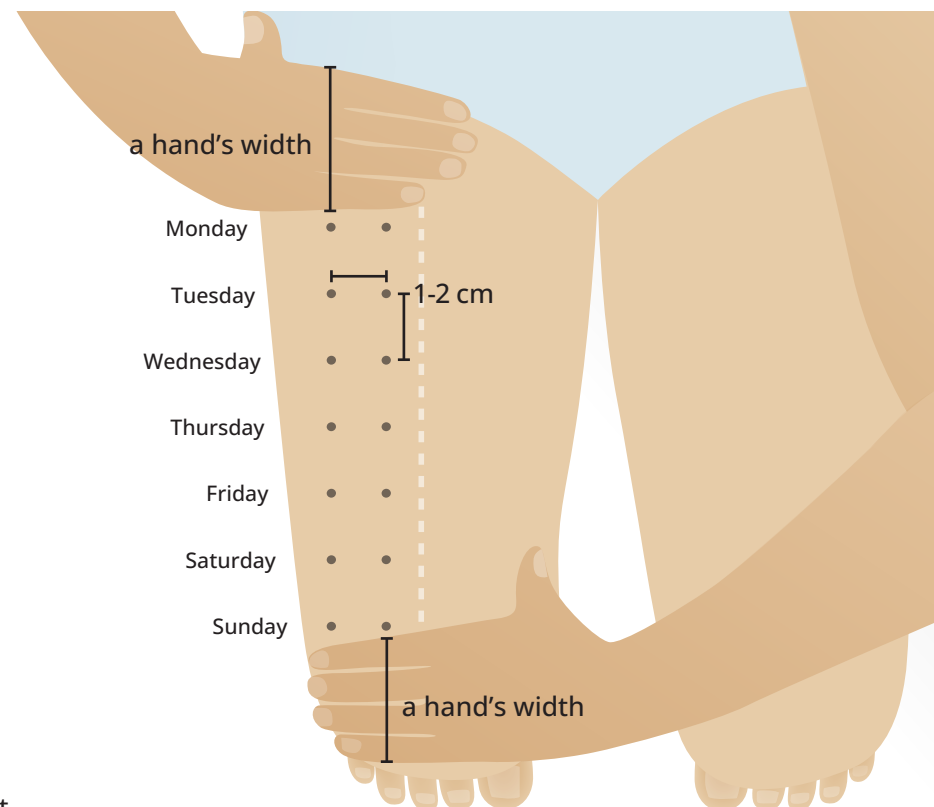
Stomach



Distribute insulin or GLP-1 horizontally across the stomach. Start on the right side on Monday. At the middle day of the week (Thursday), you have reached the bellybutton. If you need to take your injection several times on the same day, you can distribute them below each other, as shown in the illustration above.

If you only need one injection per day, you can distribute as follows: The first week in the upper row, the second week in the row above the bellybutton, etc.

Thighs



Place your hands as shown in the illustration. You should take your insulin or GLP-1 as indicated there.

Start at the top of the thigh on the Monday and move downwards during the week. For example, use the right thigh in even weeks and the left thigh in odd weeks.

*GLP-1 receptor agonists

Source: Houe SM, Jansen SM, Rasmussen LH, Barfoed CE, Schiøtz C, Tønder AV, Nørgaard MW, Laugesen B. Klinisk retningslinje for injektion af insulin til voksne med diabetes [Clinical guideline for insulin injection in adults with diabetes]. Aalborg: Center for Clinical Guidelines; 2024. Danish.

How to distribute insulin and GLP-1* on the body

Engelsk

Buttocks

Area for the distribution of insulin and GLP-1 →

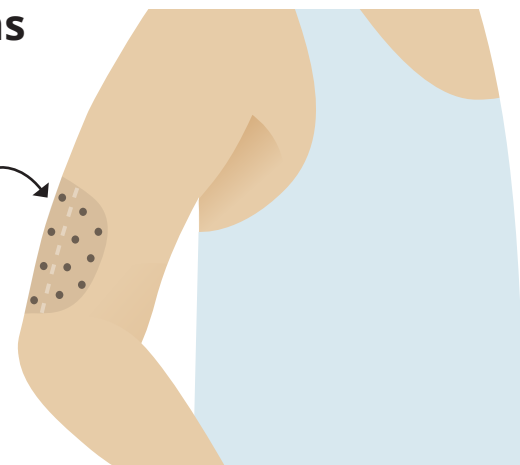
Use for instance the right buttock in even weeks and the left in odd weeks.



Upper arms

Area for the distribution of insulin and GLP-1 →

Use for instance the right upper arm in even weeks and the left in odd weeks.



The distribution of insulin and GLP-1 is essential for how the medication is absorbed into the body and, therefore, for blood sugar regulation.

10 pieces of good advice

1. Distribute insulin and GLP-1 systematically, such as your therapist has specified.
2. To prevent low blood sugar during the night, insulin that requires rotating the pen before use should be taken in the thigh or buttocks in the evening.
3. Inject 1-2 cm from the last place of injection.
4. Do not inject closer than 2 cm from bellybutton, ribcage and pubic bone.
5. If possible, you should avoid injecting at the same place within a period of four weeks.
6. Inject at an angle of 90 degrees or as specified by your therapist.
7. Never inject into scars, infiltrates (swellings under the skin), tattoos or through clothes.
8. Use 4 mm needles.
9. Only use the needle once.
10. Always remove the needle from the pen after use.

*GLP-1 receptor agonists

Source: Houe SM, Jansen SM, Rasmussen LH, Barfoed CE, Schiøtz C, Tønder AV, Nørgaard MW, Laugesen B. Klinisk retningslinje for injektion af insulin til voksne med diabetes [Clinical guideline for insulin injection in adults with diabetes]. Aalborg: Center for Clinical Guidelines; 2024. Danish.

