Lipo and injections

If you inject into lipo, your body may not absorb your insulin smoothly and consistently. This can affect your blood sugar control.¹

If you have just stopped injecting into lipo

If your doctor just asked you to stop injecting into lipo, there are a few things to keep in mind:²

- You may find injecting into healthy tissue mildly painful at first. Using the shortest, thinnest needles can make injections more comfortable.¹
- You may need to change to a lower dose of insulin when you start injecting into normal tissue.² Your doctor will work with you to make sure you are receiving the right dose.
- Work with your doctor to develop an injection rotation pattern.
- Have your injection sites checked by your doctor at every visit, or at least once each year.

Keeping track of your lipo

Use the grids on the following pages to mark the location of the lipo you have now and any new sites as you find them. It is important to keep track of your sites with lipo so you can avoid injecting into them. Show the grids to your doctor at your next appointment.

Arms

Notes:

Abdomen

Notes:

Buttocks

Notes:

Thighs

Notes: