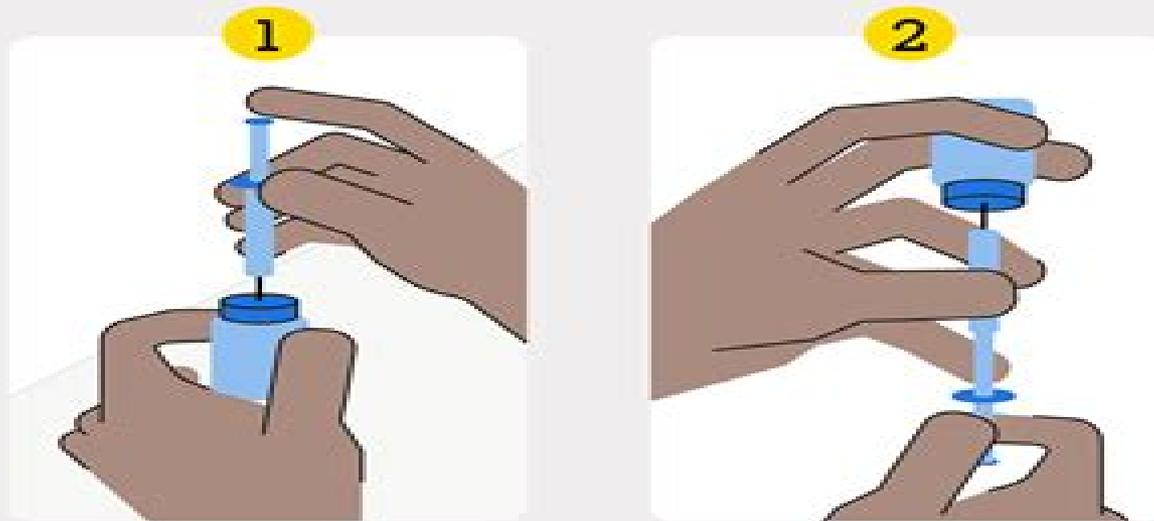


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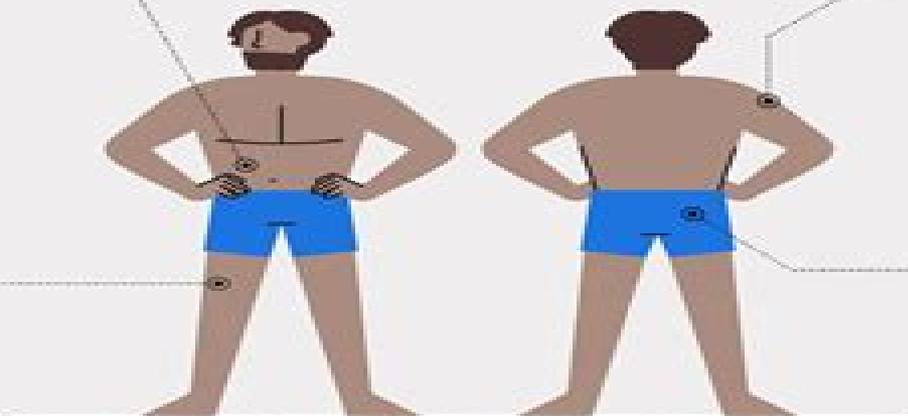


Stomach

Avoid your belly button. Inject your dose at least 2 inches away from it. Avoid injecting along your waistline as well.

Thigh

Aim for the outer side of your upper thigh. Avoid injecting into the inner thigh.



Upper Arm*

Aim for the fleshy outer surface — about 3 inches below your shoulder and 3 inches above your elbow.

Buttocks*

Aim for the upper, outer part of the buttocks.

* It's hard to inject yourself in the upper arm or buttocks. You should have someone else inject your dose if you're going to use these areas.

Insulin Usage Guide

David Kirk



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