

Insulin injections: Fact Sheet

- **Insulin injections for most children with diabetes are given using syringes before breakfast and before dinner. As children get older, injections using pen devices are often given at breakfast, lunch, dinner and bed.**
- **It is important to give insulin into the fat layer under the skin at a 45 degree angle and rotate the injections into a different spot each time.**
- **In small, thinner children, injections should be given in the upper outer buttocks. In older, larger children who are learning to self-inject , injections can be given in their stomach.**
- **Insulin dose amounts must be recorded accurately in a diabetes log book or uploaded into an approved computer programme.**
- **All children and young people regardless of age must be closely supervised when giving their own injections – this means sitting beside them and watching them.**
- **Syringes should be changed daily (for twice/day regimens) and insulin pen needles every 3-4 days and disposed of in an approved sharps container**