

Insulin injections: Fact Sheet

- **For most tamariki, insulin is given using an insulin pen before main meals in the early stages. Tamariki and rangatahi may transition to an insulin pump later in their diabetes journey.**
- **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.**
- **Insulin pen needles should be changed every 3-4 days and disposed of in an approved sharps container**