

## INSULIN SYRINGES AND PENS

There are no insulin pills. You must use a shot, a special kind of pen, or an insulin pump to get insulin into the body.

Using a shot is the most common way to get insulin into your body. The shot is given using a syringe.

The needle is smaller than most needles you may have seen.

The shot is given just under the skin in the fatty part of your arm, leg or belly.

Here is a picture of insulin syringes.



Place label here.

# Starting Insulin – a patient guide

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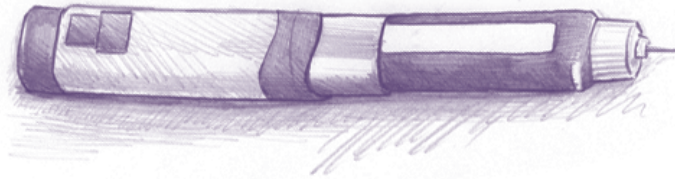
**Syringes come in different sizes.**

- If you take 30 units or less, use a 30 unit syringe
- If you take 50 units or less, use a 50 unit syringe
- If you take 100 units or less, use a 100 unit syringe
- Make sure you can see the markings on your syringe.

A prescription is not needed to buy the syringes.

Your healthcare provider can help you decide which is the best syringe for you.

**Insulin pens** look like a writing pen, but there is a small needle on the end. Some pens can be refilled; others are thrown away when empty.



**Insulin pumps** are most often used for people with type 1 diabetes. They give small amounts of insulin throughout the day. A pump is not usually used in people with type 2 diabetes.

**Your healthcare provider will teach you about ways to take insulin.**