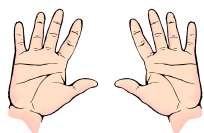


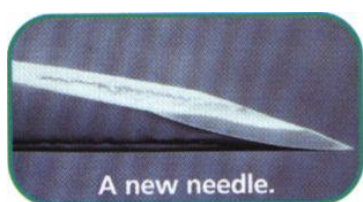
Finger Pricking

- Wash your hands with soap and warm water.
 - This to make sure the glucose test is accurate
- Prick on the **SIDE** of your finger.
 - This stops nerve damage, so that in years to come, you can still have feeling in your fingers
- Try to use as many fingers as possible.

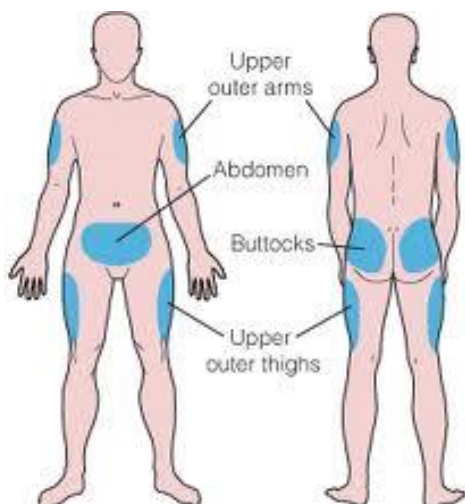
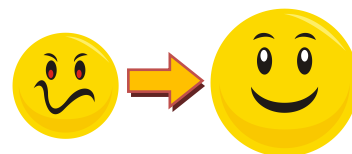


Injections

- Change your insulin pen needles every 4 days
 - This will prevent skin damage



- Rotate your sites otherwise your insulin will not be absorbed properly
 - You can use templates
 - It prevents scar tissue and fat build-up
 - Your sugars will be more controlled and you will get less frustrated



Check your Insulin

- There must be no bubbles.
- Look out for leaking pens.
- For long-acting insulin:
 - Roll your pens to mix the insulin

