

Injection technique checklist

1. What does your pen needle look like?

Posted pen needle

Non-posted pen needle



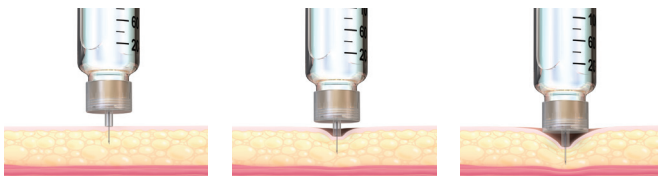
FIT best practice recommendation:

“ Use of non-posted (*contoured*) pen needle designs may reduce the impact of unintended user pressure across a range of injection forces and subsequent inadvertent intramuscular injections, compared to conventional posted-hub pen needle devices of equivalent lengths.”¹

What pen needle length are you using?

2. How do you inject yourself?

How much pressure do you use when you inject, and why?



3. Do you use a new needle for each injection?

Yes

No



4. Where do you inject most often?

Abdomen

Thighs

Arms*

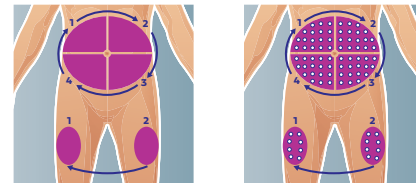
Buttocks

Other:

Why are you using this site? Why is it important to rotate your injection sites?

* Injecting into the back of your own arm is not recommended.

Show me how you rotate your injection sites. Encourage wide rotation.



5. Do you check for lipohypertrophy?

Yes No

Why and how do you check for lumps/bumps?

Recommend BD Nano™ PRO 4mm Pen Needles to your patients

The only pen needle in Canada with a non-posted, contoured design engineered to help mitigate unintended injection pressure.^{2†}

Compatible with leading insulin and GLP-1 pens in Canada³

Lilly Sanofi Novo Nordisk AstraZeneca

† 1,188 injections administered in swine across a range of injection forces using 20 µL of iodinated contrast delivered with BD Nano™ PRO 4mm Pen Needles vs. three 4 mm posted-hub pen needles. Measurements were obtained via fluoroscopic imaging. BD Nano™ PRO 4mm Pen Needles more closely achieved the 4 mm target injection depth with less variability ($p=0.006$).

References: 1. Berard L, et al. FIT Forum for Injection Technique Canada: Recommendations for Best Practices in Injection Technique. (4th Ed). Accessed on October 13, 2020 at <http://www.fit4diabetes.com/canada-english/fit-recommendations>. 2. Rini CR, et al. J Diabetes Sci Technol. 2019;13(3):533-545. 3. BD Compatibility Confirmation for Pen Needles: Document Number 149OTH-004-20 Ver K Dated: 10 April 2019.

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