

1 is the secret.



1 needle = 1 injection

PiDiabetes
care



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Change the pen needle after every injection: that's the secret.

There are several reasons why someone might use the same pen needle more than once. However, if you use the same needle for more than one injection this has a number of consequences for your therapy and not only: let's take a look at these together.

WHAT HAPPENS WHEN YOU DON'T CHANGE THE NEEDLE?

THE THERAPY MAY BE INEFFECTIVE due to:

- **Crystallization.**

If you leave the needle on the pen after using it, traces of insulin may remain inside.

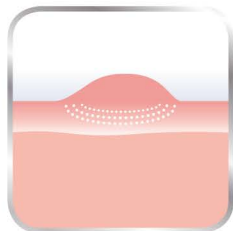
Since insulin tends to crystallise when exposed to air, it is probable that a pen needle that has previously been used will contain crystallised insulin, which may completely clog the needle and make the injection impossible. ⁽¹⁻²⁾



- **Lipodystrophy.**

A reused needle has a bent and/or deformed tip; it may cause both microtrauma (grazing and bleeding of the skin) and lipodystrophy, which is a change to the normal distribution of adipose tissue and appears as a confined depressed area or a soft, superficial nodule.

What do you risk? Injecting into an area already affected by lipodystrophy doesn't guarantee that the drug will be absorbed properly, making the therapy ineffective. ⁽¹⁻²⁻³⁻⁴⁻⁵⁾



THE THERAPY IS PAINFUL, because:

- **The tip is damaged.**

With reuse, the skin's resistance or the accidental contact with the protective cap can damage the tip of the needle. The tip therefore tends to become increasingly "hook-shaped" each time it is used, injuring ever larger sections of tissue with each injection, both when it enters and when it exits the skin. This makes the therapy painful. ⁽¹⁻⁴⁻⁶⁾



- **The needle is no longer lubricated.**

Besides being caused by a blunt tip, pain also depends on lubrication: the amount of lubricant on the needle decreases after the first injection, making successive injections less smooth and more bothersome. ⁽¹⁾



INFECTION HAZARD, because:

- **The needle is no longer sterile.**

Each pen needle is a disposable sterile medical device; after being used the first time, however, it may be contaminated by dirt or germs, which makes it a vehicle for bacteria. ⁽¹⁻³⁻⁴⁾



**REMEMBER, A NEEDLE IS A DISPOSABLE STERILE MEDICAL DEVICE.
NEVER REUSE A NEEDLE AFTER AN INJECTION!**



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SOURCES

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- 5 - King L (2003) *Subcutaneous insulin injection technique*. *Nursing Standard*. 17, 34, 45-52
- 6 - *OSDI statement - 2011/2012 - Diabetological Assistance Recommendations*



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