Insulin works best when you inject it into the fatty parts of the body just under the skin.

Common places to inject insulin are the:
- stomach - but not within 2 inches of the belly button
- back or sides of the upper arms
- outer part of the upper legs (thighs)

Before you leave the doctor’s office or clinic, be sure you know how to:
- prepare insulin
- inject insulin
- change where you inject
- store insulin, and
- keep a record of the insulin you use

Call your doctor’s office or health clinic right away if you have any questions about taking your insulin.