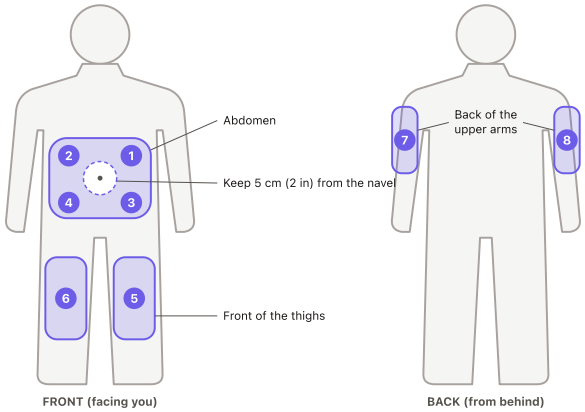
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Injection site rotation chart

The labels name three areas — abdomen, front of the thighs and back of the upper arms — and ask for a different spot each time. Number your zones, then log each injection.

Name _____

Medicine _____



SUGGESTED ZONES

1	Abdomen — your upper left
2	Abdomen — your upper right
3	Abdomen — your lower left
4	Abdomen — your lower right
5	Your left thigh (front)
6	Your right thigh (front)
7	Your left upper arm (back)*
8	Your right upper arm (back)*

Left and right are yours: the front view faces you, the back view is seen from behind. Keep at least 5 cm (2 in) from the navel. *Some labels say another person should inject the upper arm. Follow the instructions for your own medicine.

#	DATE	ZONE	NOTES (REDNESS, BRUISE, LUMP, ITCH)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

A record for your own use. Not medical advice — follow the instructions from your prescriber and the leaflet in your medicine's box.