Injection sites need to be rotated, or changed, regularly. This helps prevent irritation and tissue damage at the site and helps the injected medicine absorb and work the way it should.

**Choosing an Injection Site**
- Avoid areas with scars or stretch marks;
- With little subcutaneous fat;
- That are puffy, bruised or red.

**Rotating Injection Sites**
- Rotate between at least two major areas (such as abdomen and thighs).
- Many experts recommend using all available sites within one major injection area before switching to another area.
- Some people choose an area for each injection time, always giving their first dose of the day in one area, the second in another and so on.

**What Affects the Absorption of Insulin**
Insulin (except for Lantus) absorbs faster or slower depending on where you inject it, as shown in the picture above. Lantus absorption does not vary. Exercising the muscle underneath the injection site and massaging the injection site may make insulin absorb more rapidly. Injecting more deeply makes insulin absorb faster. The colder the insulin, the slower it absorbs.