

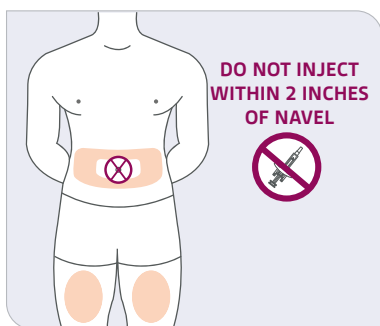
ONWARD4U

Injection Tracking and Site Rotation Guide

The Importance of Injection Tracking and Site Rotation

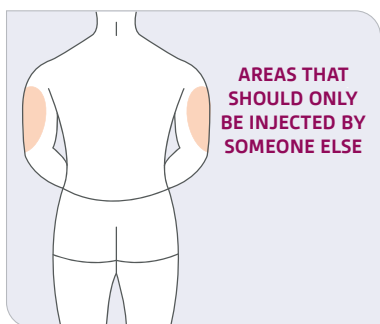
When you have your self-injection training, your healthcare professional will explain how to select and rotate injection sites, which means choosing a different spot to inject each time. Rotating the injection site helps ensure proper medication absorption and minimizes the risk of bruising and other skin reactions.

Treatment Tracking



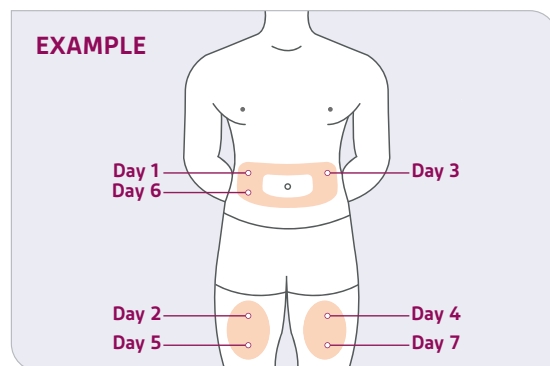
If you're self-injecting, you can choose a site in one of these areas:

- your stomach (abdomen), except for the 2-inch area around your belly button (navel)
- the front of your thighs



If someone else is injecting you, they can also choose the back of your upper arms.

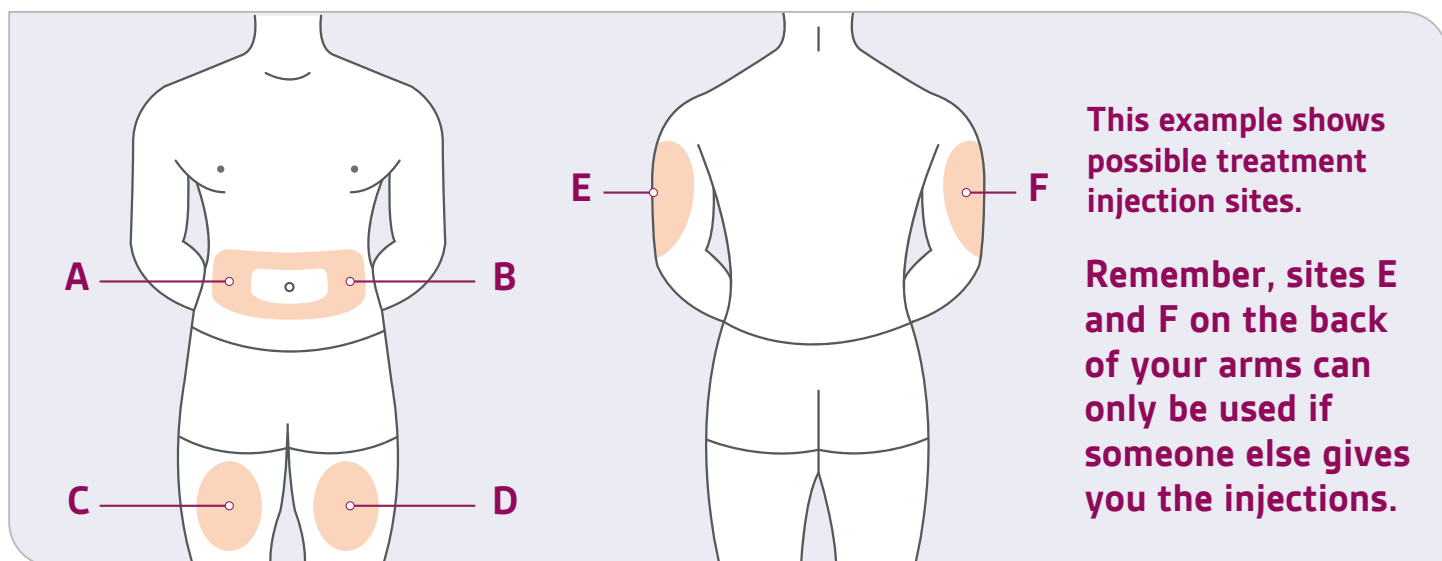
Never inject into an area that is red, tender, bruised, swollen, hard, or that has scars or stretch marks.



If you want to use the same injection site — for example, the front of the thigh — make sure you inject at least 1 inch from the last injection spot.

How to Use the Injection Site Tracker

Start by labeling the different injection sites with letters so you can easily choose and record a site for each day of the week. Here's an example of how you could do this.



Each day, fill in the tracker with the letter for the site you've used. Here's an example.

Before each injection, check the tracker to see which site you used the day before so you can choose a different spot.

When you've filled in the tracker for a week or more, check to see if you're rotating all the injection sites regularly. Are you choosing a different site each time you give yourself an injection?

	Week 1	Week 2
Day 1	A	D
Day 2	C	A
Day 3	B	C
Day 4	D	B
Day 5	A	D
Day 6	C	A
Day 7	B	C

Injection Site Tracker

Use the grids to write the letter of the site you used next to each day of the week.

Weeks 1-6

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Weeks 7-12

	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

To download printable copies of this form and access more materials from ONWARD®, such as *Breathing Exercises* and other *Self-Injection Tips*, scan the QR code or visit **ONWD.care/4U-Z**.

