

ADEA Clinical Recommendations. Subcutaneous Injection Technique for Insulin and Glucagon-like Peptide 1. August 2011

Needle size	Injection Technique			
	Children	Very slim adults	Adults of normal weight	Adults who are overweight or obese
4mm			 Skin fold is rarely needed	
5mm				
6mm				
8mm	 Preferable to use shorter needles when using pen needles			
> 12mm	 Preferable to use shorter needles when using pen needles	 Discouraged	 Not generally recommended	 Not generally recommended



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Image Legend

No-Skin Fold	
Skin Fold	
Injection with a Pen Needle	
Injection with a Syringe	