

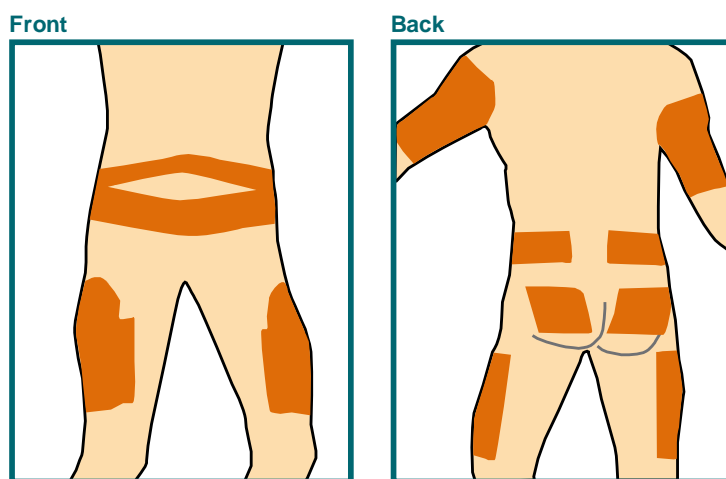
## Living Well with Diabetes

# Where to take your insulin shot

These pictures show different places on the body where you can take an insulin shot.

There might be times when you'll want to use one area instead of another because of how quickly or slowly the insulin is absorbed (gets into your bloodstream and starts to work).

Insulin is absorbed fastest if you take a shot in your stomach area. You'll absorb it a little more slowly if you take your shot in your arm. Insulin is absorbed even more slowly from the legs, and is absorbed at the slowest rate from the buttocks.



You'll probably be able to give yourself your shots in most of these places. You'll need to ask a family member or care giver to give you a shot in any of the areas that are hard for you to reach.

### For more information

Visit the Health and Wellness Resources section on the Kaiser Permanente website at [kp.org/wa](http://kp.org/wa) for more information about diabetes and other health topics.