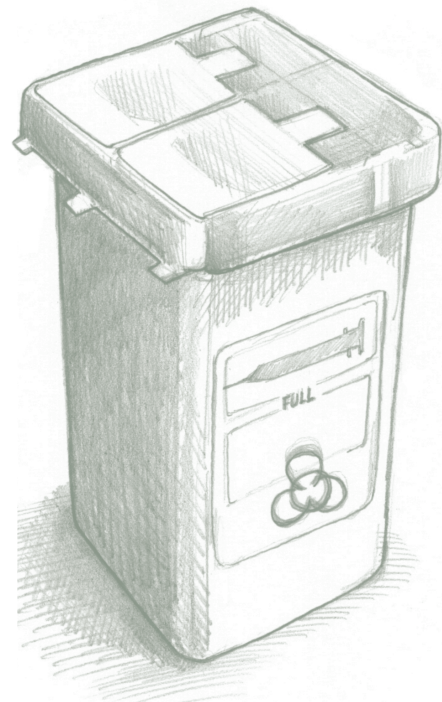


NEEDLE SAFETY

People with diabetes use sharp instruments to check blood sugar and inject insulin. It is important that you safely dispose of insulin needles and lancets, the sharp tools that pierce the skin for blood sugar checks.

Syringes and lancets must be handled carefully and treated as “medical waste.”

- Right after injecting your insulin, put the syringe into your syringe disposal container.
- A syringe disposal container is a heavy-duty plastic or metal box that closes firmly or a heavy-duty plastic bottle with a screw top. A special “sharps container” may be provided by your pharmacy or clinic.
- Store the container in a safe place in your house, away from children. On top of the refrigerator is a good place.
- When the container is filled, tighten the lid and reinforce it with heavy-duty tape before disposing of it.
- Some areas may allow you to put the sealed container in the trash. You may want to use a drop box, supervised collection site, mail-back program, or syringe exchange program.
- Check with your local health department or clinic to find out how to dispose of medical waste in your area.



Place label here.

Starting Insulin – a patient guide

NEEDLE SAFETY

Do not do any of the following.

- Use a container that will allow the needle to punch through the side.
- Use a container made of glass.
- Use a container that could end up in the recycling bin.
- Put a used syringe or lancet directly into household garbage or a trashcan.

Syringes should be used only once.

- Newer thinner needles are made for single use.
- Reused syringes are not sterile.

Always check with your healthcare provider before deciding to reuse syringes to see if this practice is safe for you.

NEVER loan a used syringe to anyone else or share syringes. You can pass diseases or spread infection by sharing needles.