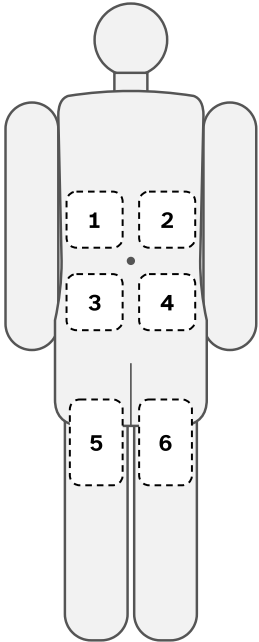


Injection site log

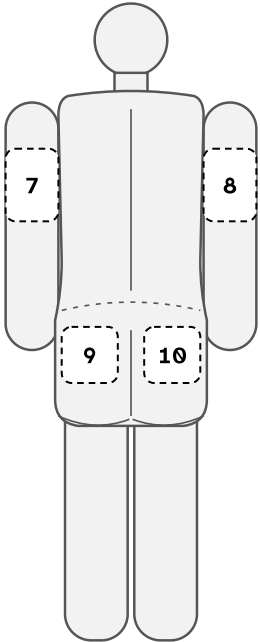
Number the sites you use, then tick a box on the day you log one. You choose the site. Sides are the person's own: R and L.

R



Front

L L



Back

R

Sites

- 1 Right abdomen, upper
- 2 Left abdomen, upper
- 3 Right abdomen, lower
- 4 Left abdomen, lower
- 5 Right thigh, front
- 6 Left thigh, front
- 7 Left upper arm, back
- 8 Right upper arm, back
- 9 Left buttock, upper outer
- 10 Right buttock, upper outer

Cross out a site you never use. Add your own in the blank rows of the entry log.

Month: _____

Site	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1 Right abdomen, upper																															
2 Left abdomen, upper																															
3 Right abdomen, lower																															
4 Left abdomen, lower																															
5 Right thigh, front																															
6 Left thigh, front																															
7 Left upper arm, back																															
8 Right upper arm, back																															
9 Left buttock, upper outer																															
10 Right buttock, upper outer																															

Entry log

One row per entry. Site numbers match the map on page 1.

[illegible]