



INJECTION AIDS

By Lindsey Wahowiak

Injections are a part of daily life for many people with diabetes. But for some, they pose worries. If you fear needles, have dexterity problems or vision impairment, or find injections painful, read on. We've rounded up some tools that can help you better manage your diabetes.

Look for these icons to help find the injection aid that is right for you.



NEEDLE
ANXIETY



DEXTERITY



EDUCATION



ORGANIZATION



PAIN RELIEF



SAFETY



VISION
IMPAIRMENT

AMBI-TRAY

(Ambimed, ambimedinc.com)

This small tray firmly holds two vials of insulin. Store it in the fridge or on the counter to keep insulin organized and upright.



AUTOJECT 2

(Owen Mumford, owenmumford.com/us)

Three versions of the Autoject 2 hide needles from users' sight. The device, which is compatible with all BD Ultra-Fine syringes and most 0.3-, 0.5-, or 1-milliliter syringes, delivers insulin to a preset depth with a single button push. The audible indicator helps people with visual impairment know when their dose is complete.



BUZZY

(MMJ Labs, buzzyhelps.com)

Buzzy's friendly bumblebee or ladybug takes the sting out of injections with cold and vibration. (A non-animal design is also available.) A distraction pack for new insulin users includes information about needle phobia and distraction card sets for parents to use with their kids.



DIASECURE

(Diabetes Secure, diabetessecure.com)

The all-in-one DiaSecure carrying case holds diabetes supplies safely in one spot. A machine-washable plastic case has compartments for oral medications, a clip for an insulin pen, and two slots for pen needles (both new and used) to keep sharps safe. For pump users, the company also makes InsuWear clothing and underwear, as well as PocketBra bras, all with hidden pockets.





INJECT-EASE

(Ambimed, ambimedinc.com)

This syringe injector makes it easier to hold on to your syringe and deliver insulin. Insert a standard syringe, and with one push of a button, you can give a dose. Inject-Ease also hides the needle from view.



INSUFLON

(Intrapump, intrapump.com)

Wear this by-prescription-only cannula to deliver insulin via pen or syringe with fewer needle pricks. Here's how it works: An introducer needle inserts the soft cannula just beneath the skin and is then removed. The device attaches to the body with adhesive. Rather than piercing skin, doses are given through the cannula. Users get three days out of a single needle prick before the site needs to be rotated.



INSUL-CAP

(Ambimed, ambimedinc.com)

Colorful caps identify different insulin vials and guide syringe needles into the vial. The cap makes it easier to load syringes with one hand.



JERRY THE BEAR

(Sproutel, jerrythebear.com)

Teach kids about managing diabetes with this stuffed bear. They can practice checking blood glucose, using syringes or an insulin pump, and making healthy food choices, all with an interactive app that helps turn the toy into a series of learning opportunities.



MAGNI-GUIDE

(BD, bd.com)

Connect a vial of insulin and a syringe to the Magni-Guide for better stability during injections. The device also makes the scale on an insulin syringe easier to see by magnifying it 1.7 times. Eli Lilly vials fit the device best, while vials from other brands may be loose or tight, which can cause the Magni-Guide to crack.



PRODIGY COUNT-A-DOSE

(Prodigy, prodigymeter.com)

This product may help people with visual impairment more safely dose insulin. Count-a-Dose holds one or two vials of insulin and aligns a syringe with either vial. It clicks with each unit of insulin dosed, so you can hear how much has been drawn up. Raised dots help you feel the difference between vials.





INSULCHECK

(Diabetes Secure, diabetessecure.com)
InsulCheck is a timer that tells you when you last gave a dose of insulin. It fits securely onto an insulin pen, providing extra grip, while a large display makes it easy to see when your last injection was given. A flashing light also serves as a reminder. Designs are available to fit most insulin pens, as well as the type 2 medication liraglutide (Victoza), which comes in pen form.



INSUL-EZE

(Ambimed, ambimedinc.com)
Snap an insulin vial into this magnifier, insert the syringe, and get a better look at the numbers on the side of the syringe. The sturdy base means it won't roll around on you.



I-PORT ADVANCE

(Medtronic, i-port.com)
Fewer injections are the draw for this insulin port. A 6- or 9-millimeter cannula is inserted below the skin by a disposable insertion device and is held to the skin with adhesive. Users deliver insulin through the port via pen or syringe. After three days, the injection site is rotated and a new port is applied.



SECURITEE BLANKET

(Regato Enterprises, securiteeblanket.com)
Like a gripper for writing utensils, the Securitee Blanket is a sleeve that fits around insulin vials to make them easy to hold and protects them from breaking if dropped. It comes in three sizes and a variety of colors, so you can differentiate among types of insulin.



SHOTBLOCKER

(Bionix, bionix.com)
People who find insulin injections painful or have a fear of needles can use Shotblocker to distract their nerves from the needle. Press the flat disk's many pokey points against the skin during an injection, and the sensation of the shot will be dulled.



VIAL SAFE

(Vial Safe, vialsafe.com)
This silicone sleeve makes vials of insulin easier to hold and harder to break—and was invented by a person with diabetes. The two models of Vial Safe fit over all 10-milliliter insulin vials. A window keeps the vial's label visible.

