

Injection Aids To The Rescue!

By Gary Scheiner MS, CDE

Can insulin injections really be *easy* and *painless*? Probably not... but it is possible to make the injection process easier and more comfortable by using an injection aid. There are many nifty aids on the market can help make the insulin injection process bearable even for the extreme needle-phobic.

Injection aids are designed to work with insulin syringes or insulin pens. Some injection aids do it all: help draw the right dose, insert the needle and deliver the insulin. Others only help with a specific step in the injection process.

The following are some of the best and brightest devices available:

Automatic Injectors

Automatic injectors are for people who are nervous about sticking a needle through their skin or feel uncomfortable watching the medication go into their skin. Simply place your loaded syringe into the device, place the tip against your skin, and press a button to automatically deliver the needle through the skin sight-unseen. All of the devices are re-usable and have spring-loaded action.

In general, people who benefit the most from injection aids are those with poor vision and tremors, needle-phobic adults and children, and people who are first learning to self-inject.



- **Autoject 2** is a lightweight plastic device that adapts to a wide range of syringes. It not only injects the needle but also delivers the insulin with the same button. It is easy to use and handle, and hides the needle prior to injection. The automatic needle insertion and injection occurs at the touch of a raised, side-mounted firing button. This product has a safety lock mechanism to prevent accidental firings. The Autoject© 2 accommodates BD 50 and 100 unit syringes.

Manufacturer: Owen-Mumford

Distributor: Ulster Scientific (1-800-431-8233)

Price Range: \$35 - \$45



- **Inject-Ease** is a plastic device designed for BD, PharmaPlast and Terumo insulin syringes. It works with 30, 50 and 100 unit syringes, and can accommodate

short and regular-length syringe needles. It is designed for people who fear needles or have difficulty reaching some injection sites. The device inserts the needle automatically; the user then depresses the plunger manually for insulin delivery. Included with the device are spacer rings that allow you to adjust the depth of needle penetration.

Manufacturer: Palco Labs
Distributor: Palco Labs (1-800-346-4488)
Price Range: \$25 - \$40



- **Insta-Ject** is a combination insulin injector & blood lancet device (fits all square-bodied lancets). It has spring action that automatically controls needle depth to minimize pain during injection. It fits all syringe brands except Monoject.

Manufacturer: Medicoool
Distributor: Jordan Enterprises (1-800-541-1193)
Price Range: \$45 - \$55



- **Monoject Injectomatic** is similar to the above devices but is made of metal instead of plastic. This mechanical injector is designed for use with Monoject insulin syringes only.

Manufacturer: Sherwood Medical
Distributor: 1-800-543-4452
Price Range: \$20 - \$30



- **NeedleAid** is designed to stabilize a syringe or pen and guide it in at the proper angle and depth. It helps to avoid bending the needle for those with visual impairment, tremors, or impaired motor skills. The outer shell is placed on the injection site with one hand and the inner sleeve is pushed down with the other hand. Once the inner sleeve is completely depressed, the plunger is pressed down manually. Releasing downward pressure on the pen/syringe safely withdraws the needle back up into the NeedleAid. The needle is out of sight for those with fear of needles.

Manufacturer: **NeedleAid**
Distributor: NeedleAid Ltd. (1-800-810-8581)
Price Range: \$18 - \$20

Distributor: Novo Nordisk
Pharmaceuticals (1-800-727-6500)
Price Range: \$20 - 40



- **Autoject Mini** is a reusable or disposable device for use with pre-filled glass syringes. Its simple design provides flexibility of use and ease of handling. One button both injects the needle and delivers the insulin. It comes with an optional needle shroud to conceal the needle and a safety mechanism to prevent accidental firings.

Manufacturer: **Owen Mumford**
Distributor: **Owen Mumford (1-800-421-6936)**
Price: \$35



- **NovoPen® 3 PenMate** is an injection aid for use with with NovoPen 3 and NovoPen Junior insulin pens. It hides the needle and stabilizes the pen for easing those with limited dexterity or fear of needles.

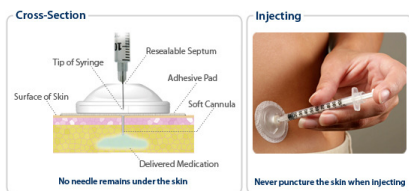
Manufacturer: Novo Nordisk
Pharmaceuticals

Temporary Injection Ports

These prescription devices are designed to reduce the number of skin punctures that come with multiple daily injections of insulin or other medications. The 'port' is easily inserted into the fatty layer below the skin by way of a thin, removable introducer needle. All that is left in the body is a tiny, soft plastic tube (cannula) that allows multiple injections through the same injection port. The port remains in place for up to three days, which means that you only puncture your skin every third day for the insertion of the cannula. The device remains on the body while bathing, sleeping and exercising.



- **Insuflon** The 18 mm-long, .6 mm-wide flexible plastic cannula is inserted at a 30-45 degree angle. It has a see-through window to allow easy monitoring of the infusion site. Accepts injections from syringes with needles up to 12mm long. Manufactured by Unomedical; distributed by Advanced Diabetes Supply (1-800-730-9887)



- **I-Port** features a round hub that measures 1½ inches in diameter and rises about ⅓ inch above the skin. The cannula is inserted at a right angle (perpendicular) to the skin, and comes in either 6mm or 9mm lengths. As many as 75 injections can be delivered into it from syringes or pens with needles up to 8mm long. Available by prescription only. Distributed by Patton Medical Devices (1-877-763-7678)

Syringe Magnifiers



- Magni-Guide acts as both a syringe magnifier and a needle guide & stabilizer. It magnifies the numbers and markings on the syringe to roughly twice their normal size. It also holds the insulin vial steady and guides the needle into the insulin. It works with all BD Ultra-Fine syringes. Magni-Guide is convenient to hold, easy to use, reusable, and inexpensive.

Manufacturer: Becton Dickinson

Distributor: BD Diabetes (1-888-232-2737)

Price Range: \$5 - \$8