

Needle Safety

People with diabetes must use sharp objects, such as lancets and needles, to check their blood sugar and inject insulin. These sharp items need to be thrown away safely to prevent needle sticks and cuts.

To keep you and others safe, make sure to:^{1,2}



1. Always put used lancets (the piece that pricks your skin to check your blood sugar) and syringes with the needles still attached into a heavy plastic box with a tight lid. You can also buy a red “sharps” container at your local pharmacy or online



2. Keep the container in a safe place in your house, away from children and pets. On top of the refrigerator is a good place



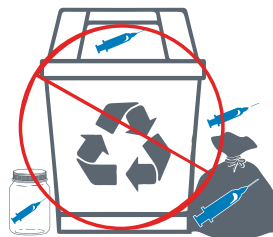
3. Throw out your container when it becomes mostly full. Tighten the lid and then tape around the edges of the lid with heavy-duty tape before throwing the container out



4. Check with your clinic, local health department, or local trash removal service to find out how you should throw out your container. Some cities may allow you to put sharps containers in your regular trash

Do not:

- Use a container that will let needles punch through the side
- Use a glass container
- Use a container that might go into the recycling



- Remove the needle from the syringe
- Put lancets, syringes, or needles directly into the garbage or trash

Syringes and needles should only be used once. They are made to only be used one time and are no longer clean (sterile) after the first time you use them.



Syringes are single use and come in different gauges for comfort and different dosing sizes



Never share used syringes or needles with anyone else. You can spread diseases and infections by sharing needles.

1. United States Food and Drug Administration. Sharps Disposal Containers. <http://www.fda.gov/medicaldevices/productsandmedicalprocedures/homehealthandconsumer/consumerproducts/sharps/ucm263236.htm>. Updated January 24, 2018. Accessed February 12, 2019.
2. United States Food and Drug Administration. Best Way to Get Rid of Used Needles and Other Sharps. <http://www.fda.gov/medicaldevices/productsandmedicalprocedures/homehealthandconsumer/consumerproducts/sharps/ucm263240.htm>. Updated August 30, 2018. Accessed February 12, 2019.