DOSLEY

Injection site rotation chart

Blank personal record

Tick the site you used on each date. The chart records what already happened. It does not choose the next site, a dose or a schedule.

Name or initials, optional _____ Medication _____

Date	Abdomen		Thigh		Upper arm		Notes (e.g. spot irritated)
	Left	Right	Left	Right	Left	Right	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	
	○	○	○	○	○	○	

Which sites apply, and who may inject where, depend on your medication's leaflet. Follow it and your healthcare professional.

Personal recordkeeping only. Not medical advice. Keep completed records private.