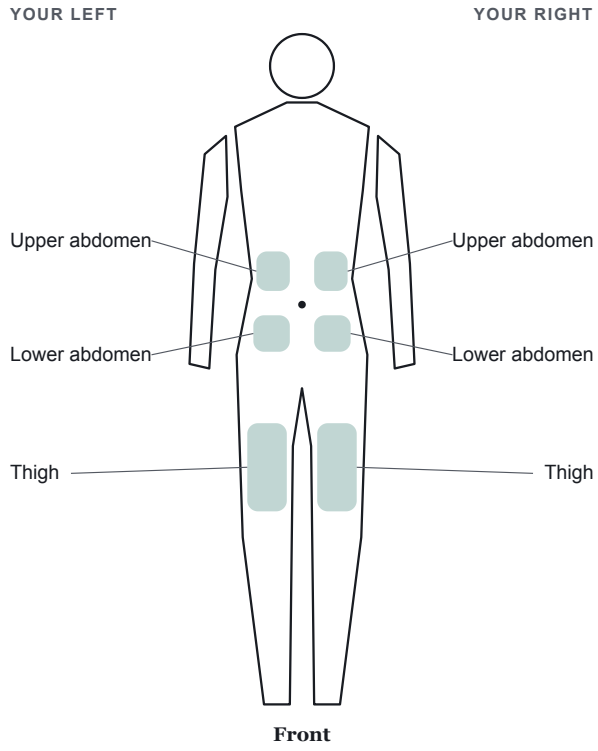
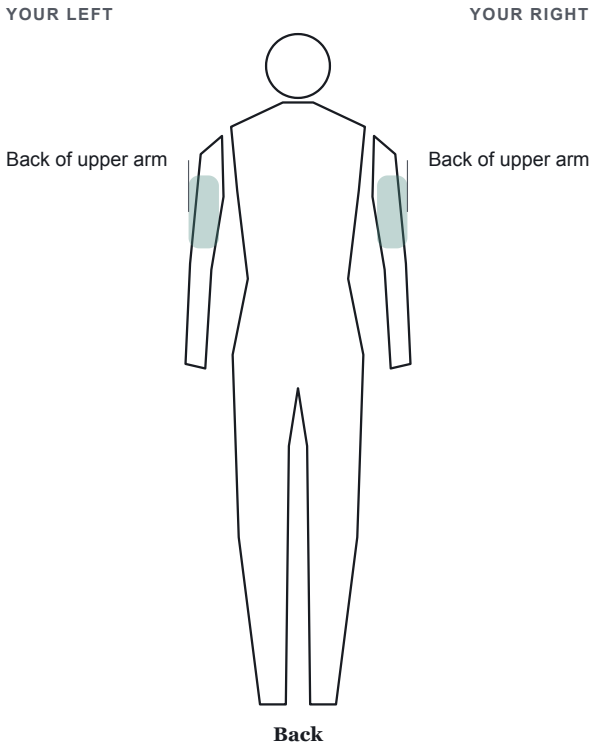
Injection site tracker

MAX HP

The eight sites Max HP logs. Your medication's Instructions for Use show which areas to use and exactly where.



Front



Back

Drawn as you see yourself: your left on the left. The US labels list the abdomen, thigh and upper arm; tirzepatide's say another person gives the upper-arm injection.

Last used

SITE	LAST USED	BEFORE THAT	NOTES
Upper abdomen, your left			
Upper abdomen, your right			
Lower abdomen, your left			
Lower abdomen, your right			
Thigh, your left			
Thigh, your right			
Back of upper arm, your left			
Back of upper arm, your right			

What to note at each site

- ☐ The date and dose, and which site you used
- ☐ Any redness, itching, a lump or a bruise, and how many days it lasted
- ☐ Anything that keeps happening at one site, to show your prescriber or pharmacist

Rotation log

MAX HP

Tick the site you used. Reading down a column shows how long each site has rested.

Name _____ Medication _____

DATE	DOSE	UPPER ABD. L	UPPER ABD. R	LOWER ABD. L	LOWER ABD. R	THIGH L	THIGH R	ARM L	ARM R	REACTION
										None · Red · Itchy · Lump · Bruise
										None · Red · Itchy · Lump · Bruise
										None · Red · Itchy · Lump · Bruise
										None · Red · Itchy · Lump · Bruise
										None · Red · Itchy · Lump · Bruise
										None · Red · Itchy · Lump · Bruise
										None · Red · Itchy · Lump · Bruise
										None · Red · Itchy · Lump · Bruise
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										None · Red · Itchy · Lump · Bruise
										None · Red · Itchy · Lump · Bruise
										None · Red · Itchy · Lump · Bruise
										None · Red · Itchy · Lump · Bruise

L and R are your left and right. Circle any reaction, and note how long it lasted.