

Injection Site Rotation Chart (Printable PDF)

ANSWER

This injection site rotation chart is a blank history grid for recording locations already used. It does not identify approved sites, choose a location or set a rotation schedule. Site suitability must come from the product instructions and a licensed healthcare provider.

This chart is a calculation reference. The amounts shown are labels or arithmetic examples; this chart states no dose and gives no **medical advice**.

Blank site-history record; no placement instruction

Each row is a direct conversion. No row is highlighted or selected for the reader.

Date	Product label	Site recorded	Side	Observation
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Sources

FDA instructions-for-use guidance (<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/instructions-use-patient-labeling-human-prescription-drug-and-biological-products-content-and-format>)

❶ KEY FACTS

- ✓ **Arithmetic reference only:** every numeric cell is a unit conversion or mass ÷ volume result.

- ✓ **No amount is selected:** any target amount shown is explicitly a user-entered example axis.
- ✓ **Printable:** the HTML table and downloadable PDF are generated from the same source.
- ✓ **Check the label:** a table cannot authenticate a vial, syringe or diluent.

How to read this chart

Use a value printed on your own label or measuring device, then follow the row to the converted unit. The table performs deterministic arithmetic and does not decide which row applies to you.

What this chart does not do

It does not select an amount, product, diluent volume, schedule or progression. It is a printable reference for values that already exist in your own record.

Source and method

The table was generated from the stated formula and checked against **FDA instructions-for-use guidance**. External sources provide unit or identity context; the numeric grid itself is original arithmetic.

Frequently asked questions

Does this printable chart recommend a dose?

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No. It converts labelled mass, measured volume and user-entered values. It provides no starting amount, upper limit, schedule or progression.

Can I use the PDF without the website?



Why is the source list separate from the numeric table?



Last updated July 28, 2026 · Written by Aykut Yilmaz