# Tinsy

## Ozempic® injection site rotation log

A blank record of each shot's date, device, area and side, for you and your care team.

Choose each spot using the Instructions for Use supplied with your own Ozempic® device. This sheet records where you injected; it does not tell you where or how to inject. Your prescriber or pharmacist can answer questions about site choice.

| Date | Pen or syringe | Area | Side | What I noticed at the spot |
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### Questions for my prescriber or pharmacist

Instructions: tinsy.app/ozempic-injection-sites links the current US prescribing information and the Instructions for Use for each Ozempic® device.

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Tinsy is a wellness diary, not a medical device. It does not diagnose, treat or give medical advice. Always talk to your prescriber about doses, side effects and anything that worries you.