

# Subcutaneous Injection Instructions

## Before You Get Started

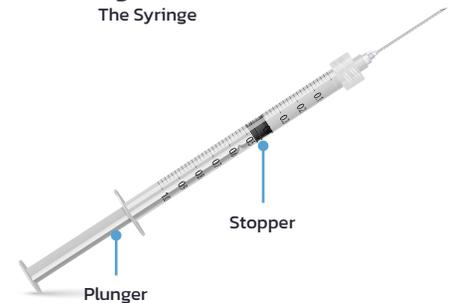
Prior to starting your injection process, ensure you have:

- Washed your hands with soap & water
- Your medication vial (**Figure A**)
- Confirmed the proper dosage amount
- A sterile, disposable syringe and needle (**Figure B**)
- Alcohol swabs
- A hard plastic, resealable container (Sharps) to dispose of used needle and syringe
- Self-injection record (see other side)

**Figure A:**  
The vial



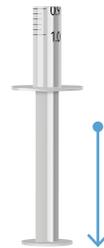
**Figure B:**  
The Syringe



## Prepare & Fill The Syringe

- Clean the rubber stopper of the vial (**Figure A**) with an alcohol swab.
- Unwrap the needle and syringe (**Figure B**) and join them together tightly.
- Put air into the syringe by pulling down on the plunger of the syringe to the amount of medication to be taken. (**Figure C**)
- With the vial upright, put the needle into the rubber stopper and inject air into the vial.
- Turn the vial upside down and pull back the plunger to beyond the prescribed dose level. Make sure the end of the needle is in the liquid. (**Figure D**)
- "Flick" syringe to remove air bubbles with your fingers or a pen. (**Figure E**)
- Move the plunger to the prescribed dose level on the syringe.
- Turn vial upright remove needle.
- Rest syringe on needle cap or put the needle cap back on the needle. (**Figure F**)

**Figure C:**  
Pull down on the plunger to draw air into the syringe



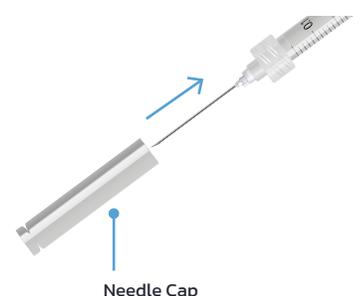
**Figure D:**  
Move the plunger to the prescribed dose level on the syringe



**Figure E:**  
"Flick" the syringe to remove air bubbles



**Figure F:**  
Put the needle cap back on the needle

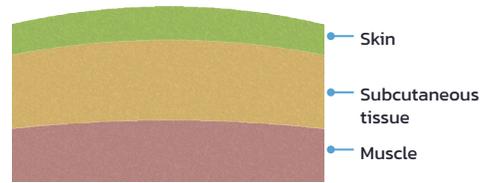


## Select An Injection Site

A subcutaneous (SC) injection deposits medication into the fat tissue below the skin (**Figure A**). The following are recommended injection locations:

- Abdomen (except for one inch around the navel)
- Upper outside area of thigh
- Upper outside area of arms (a family member may need to assist)
- Any other location recommended by your provider

**Figure B:** Subcutaneous injections deposit medication under the skin

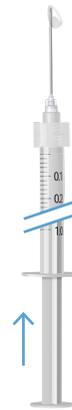


**NOTE:** Each new injection should be at least 1-2 inches away from the last injection site.

## Make The Self-Injection

- Clean the injection area with an alcohol swab and allow to dry.
- Remove the needle cap from the syringe. Hold the syringe with the needle up and push the plunger just slightly so that you can see a drop of liquid at the end of the needle. (**Figure B**)
- Pinch your skin and fat tissue with your non-dominant hand. (**Figure C**)
- Using your dominant hand, hold the syringe like a pencil one inch above the injection site at a 90° angle to the skin. Quickly stab the needle through the skin into the fat tissue. (**Figure C**)
- Slowly push down on the plunger to inject the medication. (**Figure D**)
- Put an alcohol swab or tissue on your skin near the needle and quickly extract the needle. You may have slight bleeding at the injection.

**Figure B:** Hold the needle up and push the plunger slightly



**Figure C:** Dart the needle through the skin into the fat tissue



**Figure D:** Slowly push the plunger down and inject the medication



## Clean Up

- Place used syringes and needles in a hard plastic resealable (sharps) container.

## Track Your Injections

Date of Use										
Volume Injected (units)										
Location of Injection										