

Subcutaneous injections

Your medication is _____.

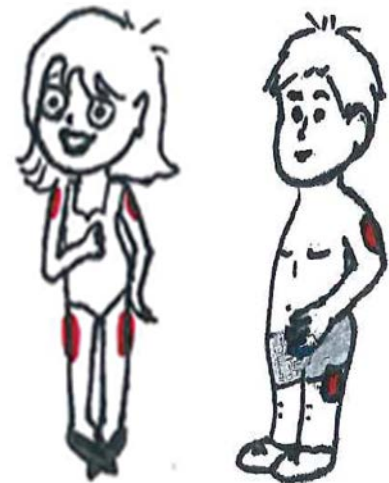
You will take _____ mg (_____ mL) _____.

A

Get ready

1. Choose the site for the injection

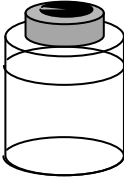



- The injection should go where you can pinch an inch of body fat to absorb the medication.
- Your stomach, the outside of your thighs and your outer upper arms are good choices for injection sites.
- Do not always pick the same spot. Choose a different site each week.
- Avoid scars, bruises, and red or swollen areas.
- Avoid the groin, joints and any veins you see.
- To reduce pain, a numbing medication (topical anaesthetic) can be put on the site about 30 minutes before the injection. If you would like to use this medication, please ask your doctor.



2. Choose a safe space to work

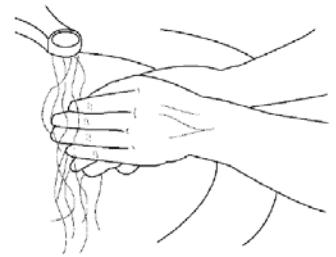
- A flat, clean, dry, well-lit area works best.
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3. Gather the supplies you will need:

Medication vial	Syringe and needle	Alcohol wipes	Sharps container
			

4. Wash your hands

- The person giving the injection should wash their hands well with soap and warm water.



B

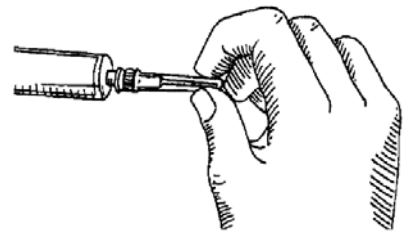
Prepare the needle and syringe

1. Clean the medication vial.

- If you're using a new vial, remove the protective cap and throw it away.
- Clean the top of the vial with an alcohol wipe. Throw away the alcohol wipe.

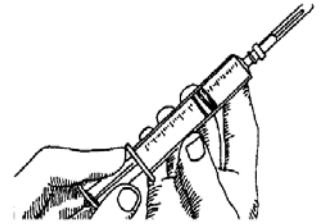
2. Prepare the syringe and needle.

- Push the connecting ends of the syringe and needle through their packages.
- Do not touch the connecting ends with your hands.
- Line up the connecting ends and twist to secure them together.
- Remove the protective coverings.



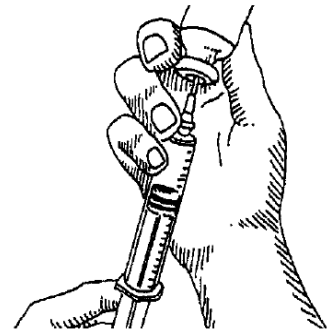
3. Put air into the vial

- Pull the plunger of the syringe back until it is level with the amount of your required dose of medication.
- Insert needle into medication vial. Push the plunger down to zero to inject air in the vial. Do not remove the needle.



4. Draw up the medication into the syringe

- Keep the needle in the vial and turn them upside down. The needle will now be pointing upwards.
- Pull down on the plunger to slowly “draw up” the medication liquid into the syringe.
- Check for air bubbles in the liquid. If you see bubbles, tap the syringe so the bubbles will float to the top.
- Push the plunger back up so the air bubbles go into the vial.
- Adjust the plunger (push up or pull down slightly) until the top of the black plunger is level with the amount of your required dose.
- Once you have drawn up the right dose of medication, turn the vial and needle back upright, keeping the needle in the vial.
- Slowly remove the syringe and needle from the vial.



C

Give the injection

1. Prepare the site for injection

- If you used numbing medication, wipe it away with a tissue.
- Clean the site with an alcohol swab.
- Pinch the skin at the site, but not too firmly.

2. Inject the needle

- Inject the needle straight down into the pinched skin (at a 90 degree angle).
- While keeping the needle in the skin, slowly push down on the plunger to inject all of the medication.
- Pull the needle and syringe straight out from the skin. Put them in the sharps container right away.
- If there is any blood at the site, wipe with a tissue or cover with a bandage.



3. Clean up

- Wipe up any spilled medication very carefully to make sure none is left behind.
- Anything that has touched the medication (syringes, medication vials, alcohol swabs or other materials) is medical waste and must be put in the sharps container.
- Clean the work space. Wash your hands with soap and water.
- Safely store all of the supplies until your next injection.

Other instructions:

