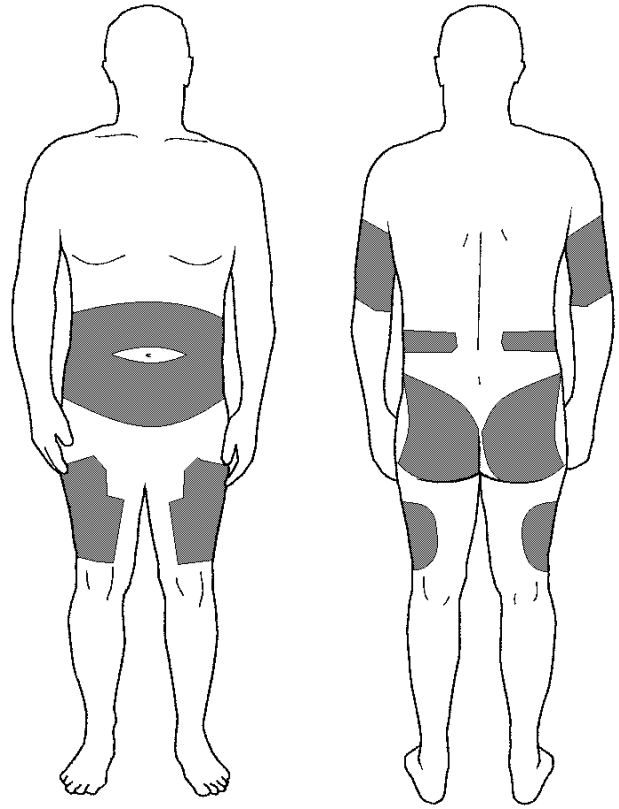


# Giving Medicine by Subcutaneous Injection

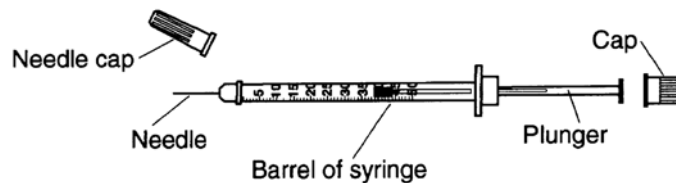
## Select the Site for Injection

- Sites which can be used are:
  - Backs of the upper arms
  - Abdomen, around the navel
  - Front and side of thighs or upper legs
  - Back above waist
  - Buttocks
- Stay 1 inch away from the last injection.
- Stay 2 inches away from your navel or scars.
- **Do not** use areas that are bruised, tender or swollen.



## Inject the Medicine

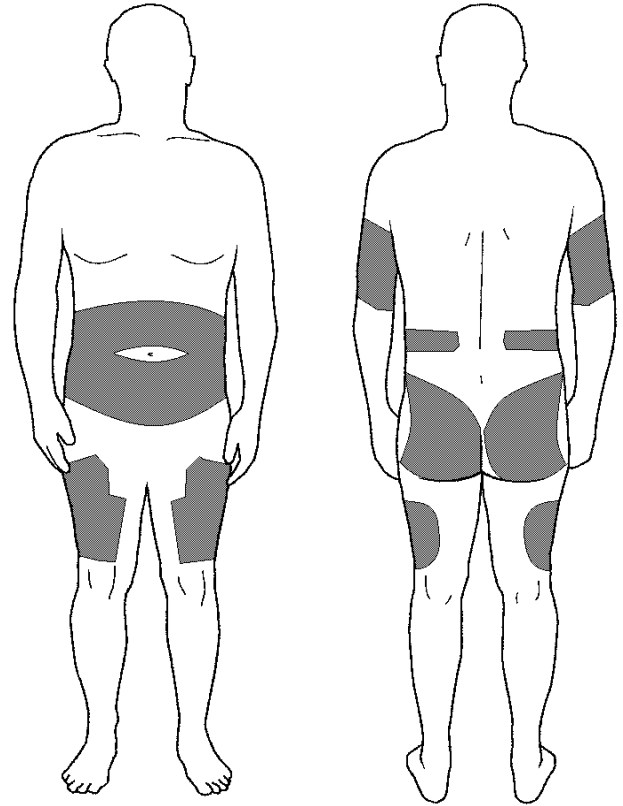
1. Wash your hands.
2. Clean your skin with an alcohol pad using a circular motion. Let the alcohol air dry.
3. Remove the needle cap and hold the syringe like a dart.



# 皮下注射藥物

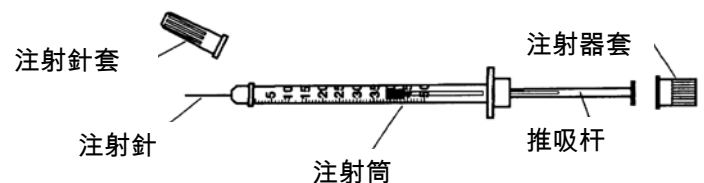
## 選擇注射部位

- 可用於注射的部位是：
  - 上臂背部
  - 腹部(肚臍週圍)
  - 大腿前部和側部
  - 腰以上後背部
  - 臀部
- 要離前一次注射部位  
1 寸 (2.5 公分) 之遠。
- 要離您的肚臍或疤痕處  
2 寸 (5 公分) 遠。
- 不要用在有擦傷、觸痛  
或腫脹的部位。

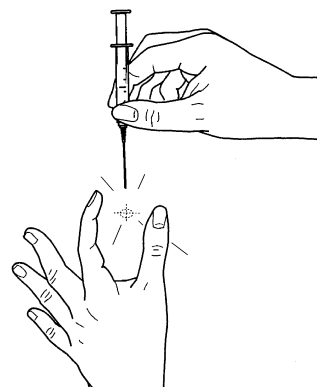


## 注射藥物

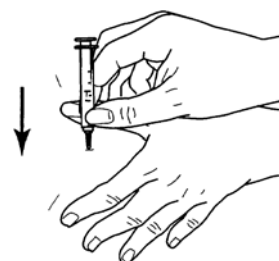
1. 清洗雙手。
2. 用酒精墊轉圈清潔皮膚。  
讓酒精空氣乾燥。
3. 除下注射針套。像持飛鏢一樣持  
注射器。



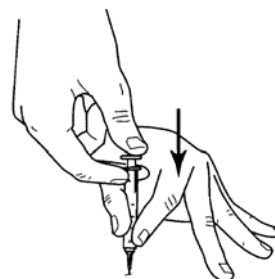
4. Gently pinch the skin at the injection site.



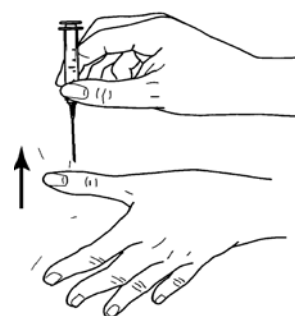
5. Insert the needle straight into the skin.



6. Let go of the skin and give the medicine slowly by pushing in the plunger.



7. Pull the needle out of your skin and quickly press the alcohol pad or your finger onto the site. **Do not rub the skin.**



8. Hold pressure on the site for 30-60 seconds.

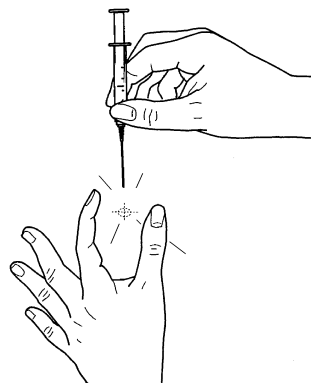
## Clean Up Supplies

- Put the used syringe and needle into a strong container that has a cap or lid, such as a bleach or detergent jug. Do not recap the needle.

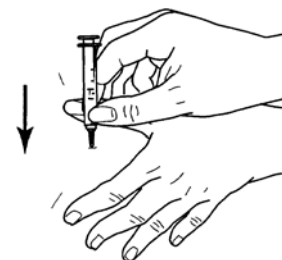
**Talk to your doctor or nurse if you have any questions or concerns.**

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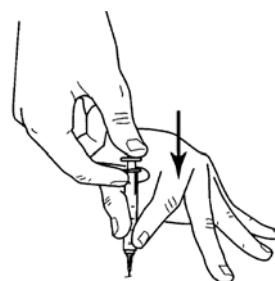
4. 輕輕捏住注射部位的皮膚。



5. 將針直插入皮膚。

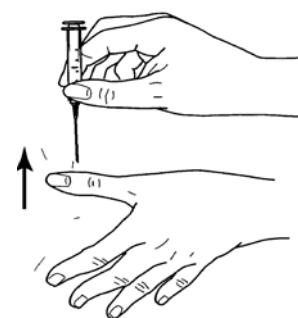


6. 將捏住的皮膚鬆開，慢推推吸杆注入藥物。



7. 拔出注射針。迅速用酒精墊或用手壓在注射部位上。不要擦皮膚。

8. 給注射部位保持 30-60 秒的壓力。



#### 清理用品

- 將用過的注射器和注射針放入一個有蓋的結實容器,例如漂白水或清淨劑罐。不要重複使用注射針。
- 如果您有任何疑問或關注事項，請告知您的醫生或護士。

Subcutaneous-Injection. Traditional Chinese.

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