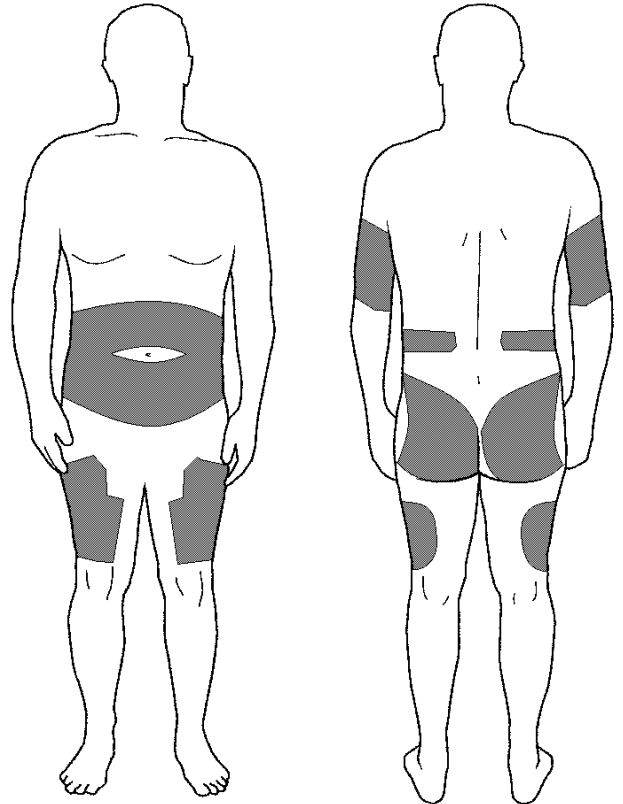


# Giving Medicine by Subcutaneous Injection

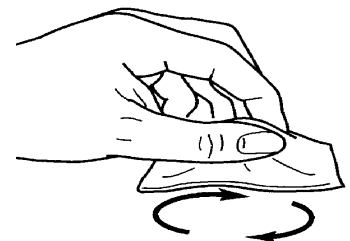
## Select the Site for Injection

- Sites that can be used are:
  - Backs of the upper arms
  - Abdomen
  - Front and side of thighs or upper legs
  - Back above waist
  - Buttocks
- Some medicines are best given in certain areas. Your doctor or nurse will teach you the best areas to give your medicine.
- 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.

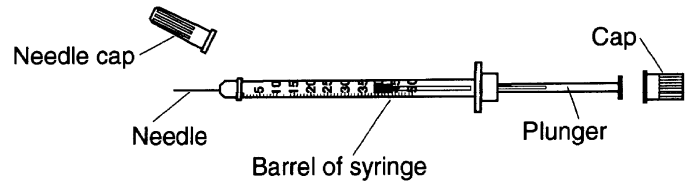


## Inject the Medicine

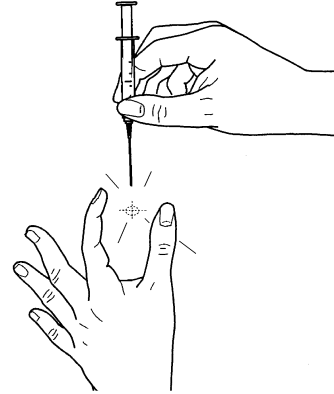
1. Wash your hands.
2. Clean your skin with an alcohol pad using a circular motion. Let the alcohol air dry.



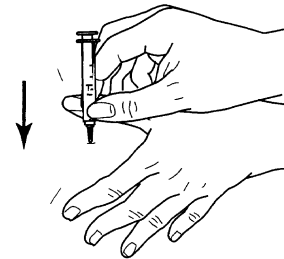
3. Remove the needle cap and hold the syringe like a dart.



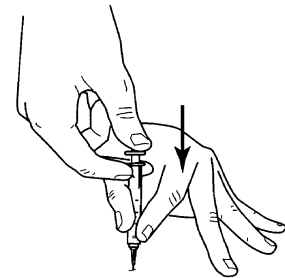
4. Gently pinch the skin at the injection site.



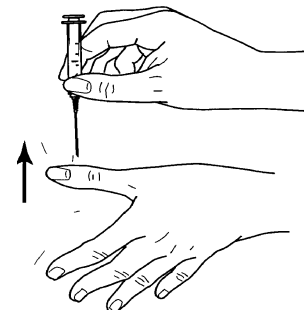
5. Insert the needle straight into the skin.



6. Let go of the skin unless you are told not to, 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 to 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.
- Cap the container tightly after use and keep out of the reach of children and pets.



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