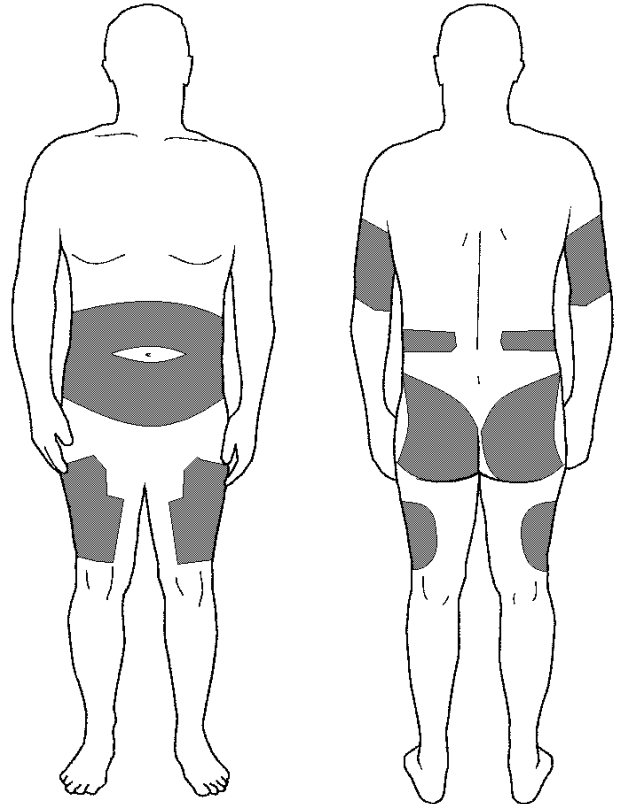


Giving Medicine by Subcutaneous Injection

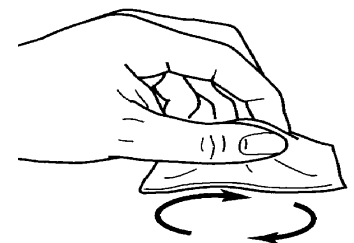
Select the Site for Injection

- 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

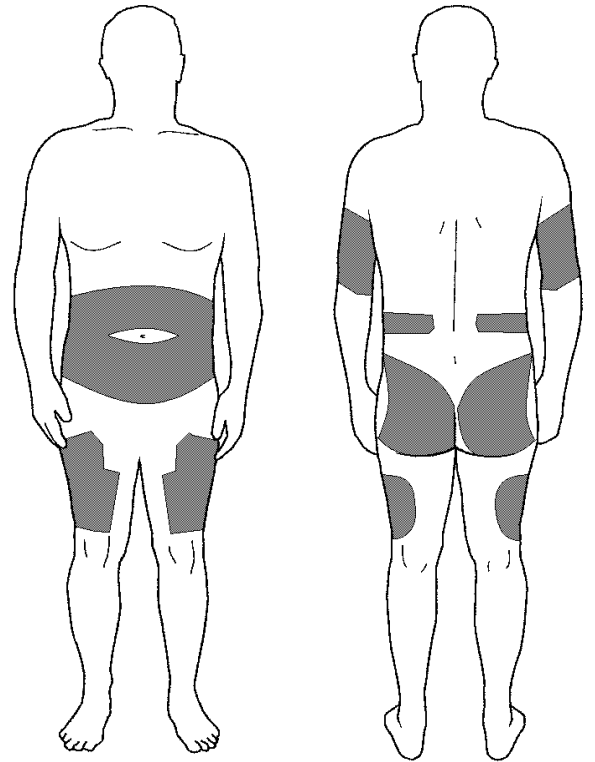
1. Wash your hands.
2. Clean your skin with an alcohol pad using a circular motion. Let the alcohol air dry.



피하 주사로 약 투여하기

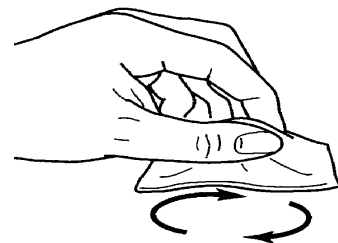
주입할 부위를 선택한다

- 주입할 수 있는 부위:
 - 윗팔 뒤
 - 복부
 - 넓적다리나 윗 다리의 앞이나 옆
 - 허리 위 등 부분
 - 엉덩이
- 어떤 약들은 특정 부위에 투입해야 효과가 가장 큽니다. 어느 부위가 약을 투입하는데 가장 좋은지 의사나 간호사가 가르쳐 줄 것입니다.
- 마지막 주사 자리에서 1 인치 (2.5 cm) 떨어진다.
- 배꼽이나 상처에서 2 인치 (5 cm) 떨어진다.
- 멍이 들었거나, 만지면 아프거나, 부은 곳은 피하십시오.



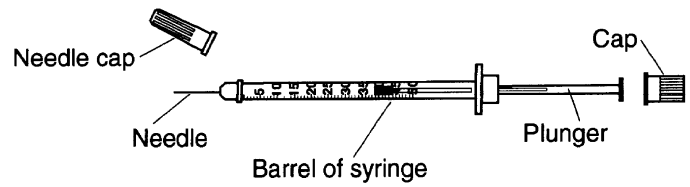
약 투여하기

1. 손을 씻는다.
2. 피부를 알코올로 원을 그리며 닦는다. 알코올이 건조할 때까지 잠시 기다린다.

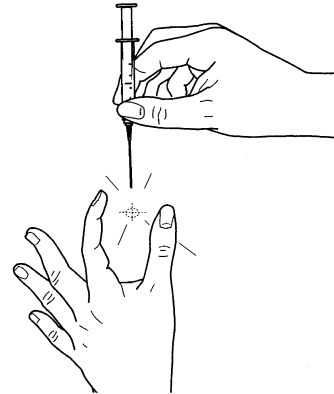


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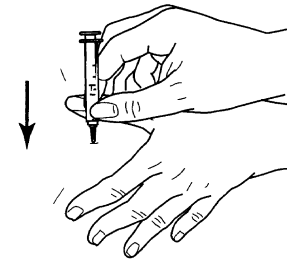
3. Remove the needle cap and hold the syringe like a dart.



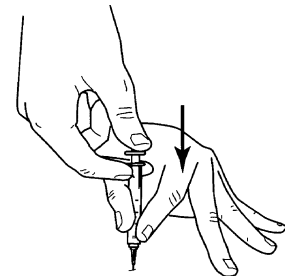
4. Gently pinch the skin at the injection site.



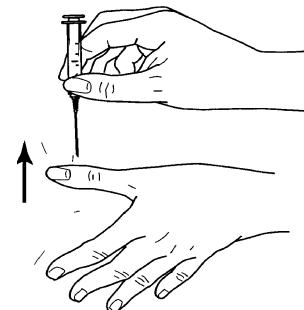
5. Insert the needle straight into the skin.



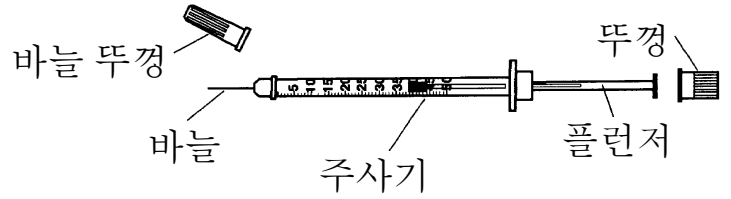
6. Let go of the skin unless you are told not to, and give the medicine slowly by pushing in the plunger.



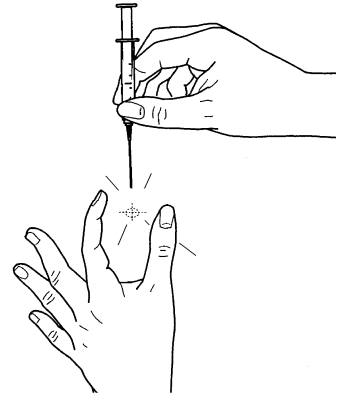
7. Pull the needle out of your skin and quickly press the alcohol pad or your finger onto the site. Do not rub the skin.



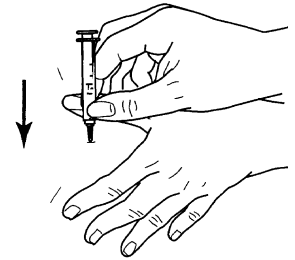
3. 주사 바늘 뚜껑을 제거하고 주사기를 창을 던지는 것 같이 쥘다.



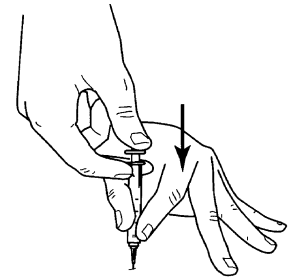
4. 바늘이 들어갈 피부를 살며시 쥘다.



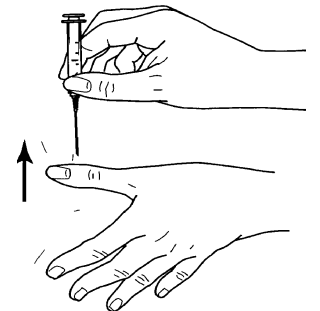
5. 피부 속으로 바늘을 똑바로 집어 넣는다.



6. 별도 지시가 없는 한 권 피부를 놓고 주사기 플런저를 천천히 누르면서 약을 주입한다.



7. 바늘을 피부에서 뺀 다음 알코올 패드나 손가락으로 주사한 부위를 꼭 누른다. 피부를 문지르지 않는다.



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.

8. 부위를 약 30-60초 간 누르고 있다.

사용 후 처리하기

- 사용한 주사기와 바늘을 뚜껑이 있는 견고한 용기 안에 넣는다(예: 표백제나 세제 넣는 병). 바늘에 뚜껑을 다시 끼우지 마시오.
- 사용 후 용기 뚜껑을 꼭 닫고 어린이나 애완동물의 손이 닿지 않는 곳에 보관한다.



질문이나 문제가 있으시면 의사나 간호사에게 알려 십시오.

2005 – 9/2010 Health Information Translations

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