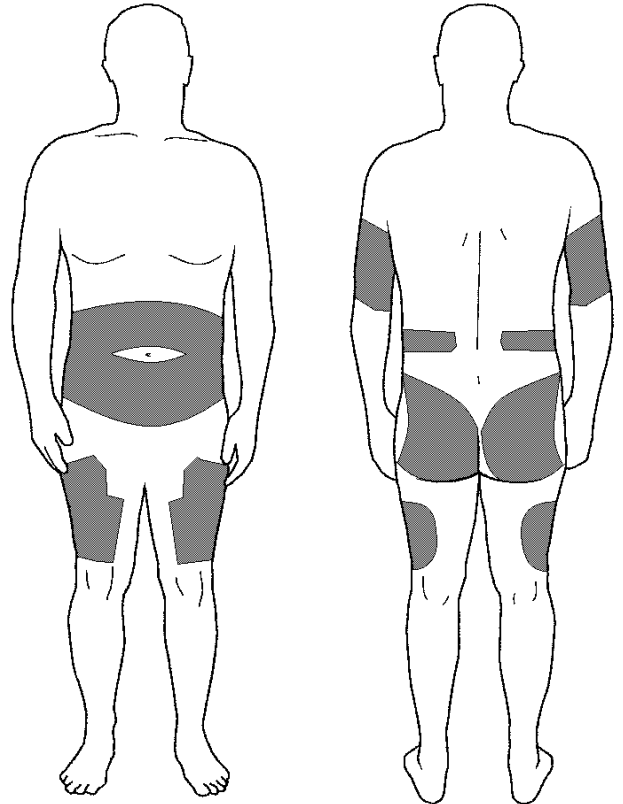


# Giving Medicine by Subcutaneous Injection

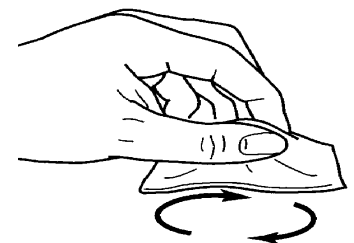
## Select the Site for Injection

- 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

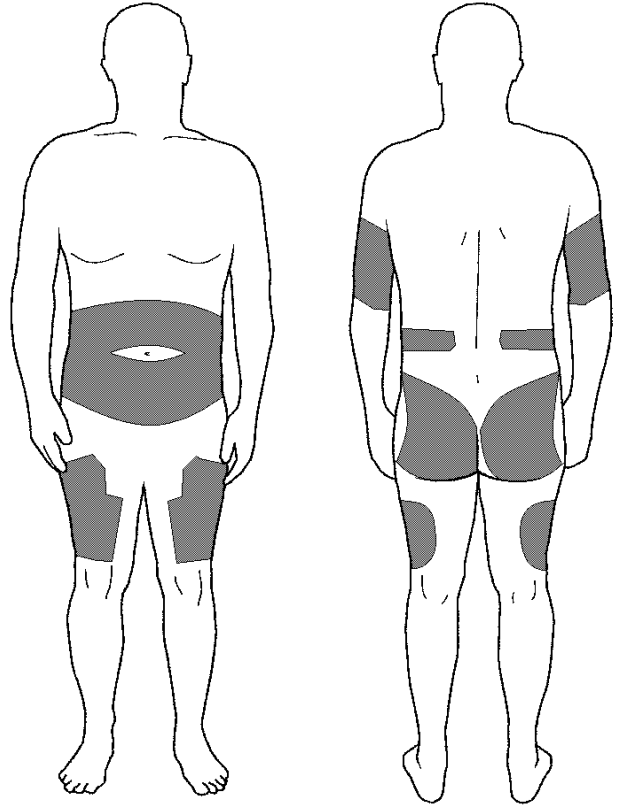
1. Wash your hands.
2. Clean your skin with an alcohol pad using a circular motion. Let the alcohol air dry.



# 皮下注射药物

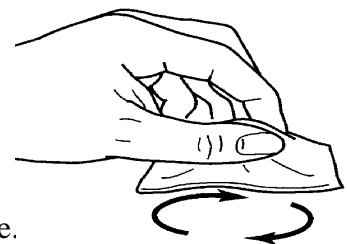
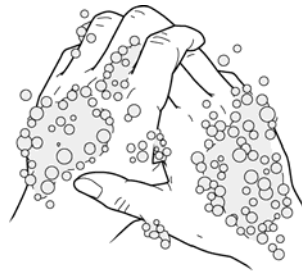
## 选择注射部位

- 可用于注射的部位是：
  - 上臂背部
  - 腹部
  - 大腿前部和侧部
  - 腰部以上的后背
  - 臀部
- 有些药物在某些部位注射效果最佳。您的医生或护士会教您哪些是最佳用药部位。
- 要离前一次注射部位1寸(2.5公分)之远。
- 要离您的肚脐或疤痕处2寸(5公分)远。
- 不要使用有擦伤、触痛或肿胀的部位。



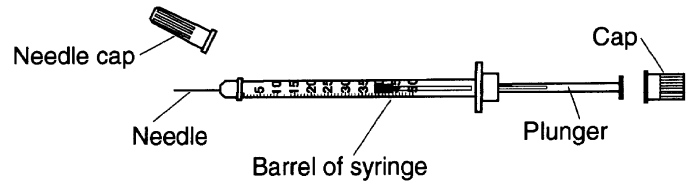
## 注射药物

1. 清洗双手。
2. 用酒精垫转圈清洁皮肤。让酒精风干。

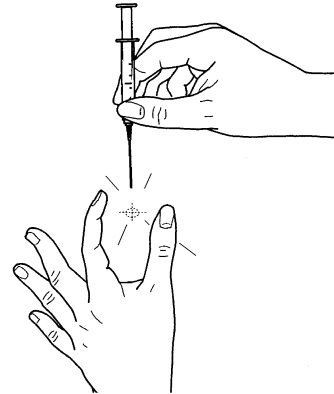


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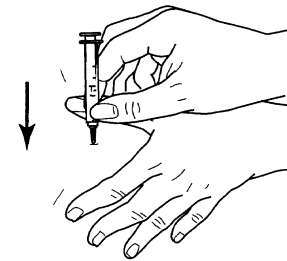
3. Remove the needle cap and hold the syringe like a dart.



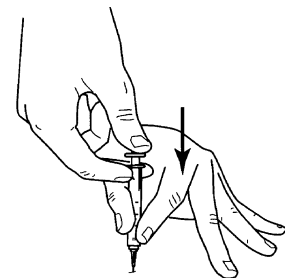
4. Gently pinch the skin at the injection site.



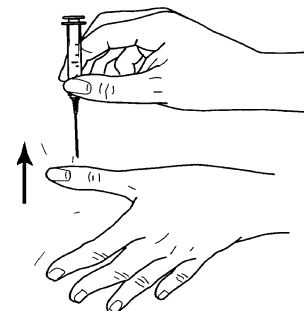
5. Insert the needle straight into the skin.



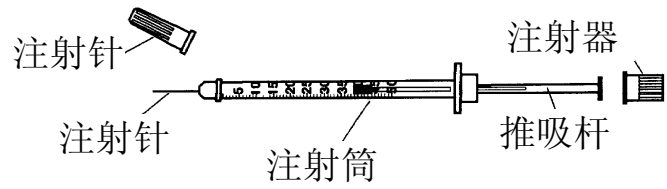
6. Let go of the skin unless you are told not to, and give the medicine slowly by pushing in the plunger.



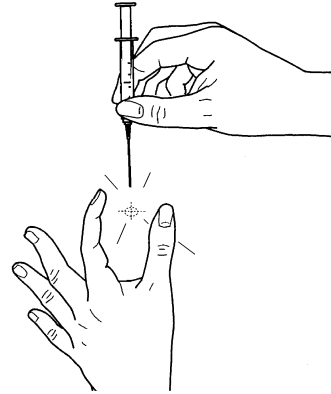
7. Pull the needle out of your skin and quickly press the alcohol pad or your finger onto the site. Do not rub the skin.



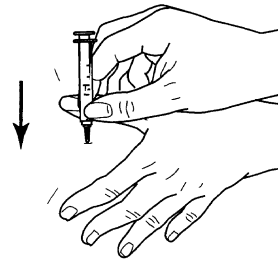
3. 取下注射针套。  
像持飞镖一样持注射器。



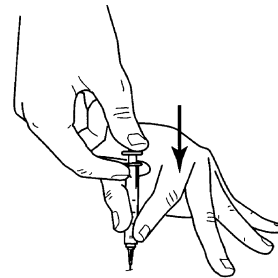
4. 轻轻捏住注射部位的皮肤。



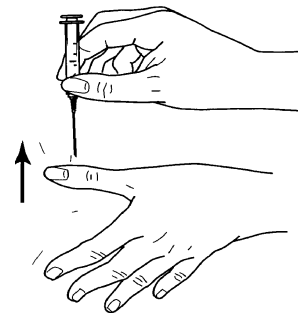
5. 将针直插入皮肤。



6. 将捏住的皮肤松开，除非有人告诉您不要松开，并慢慢推推吸杆注入药物。



7. 拔出注射针。迅速用酒精垫或用手压在注射部位上。不要揉皮肤。



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. 给打针部位保持 30 到 60 秒的压力。

## 清理用品

- 将用过的注射器和注射针放入一个有盖的结实容器，例如漂白水或清洁剂罐。不要重复使用注射针。
- 用完后将盖子盖紧，并存放在儿童和宠物接触不到的地方。



如果您有任何疑问或关注事宜，请告知您的医生或护士。

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