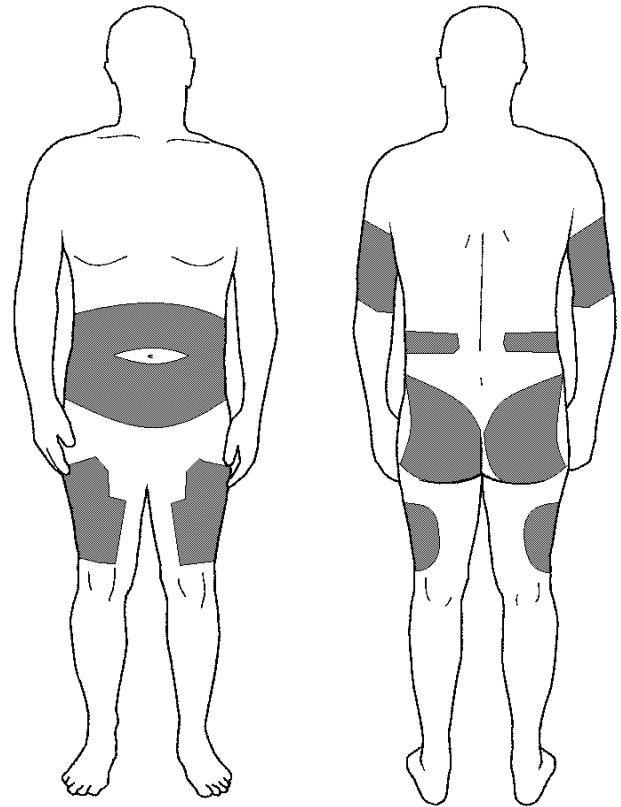


# Giving Medicine by Subcutaneous Injection

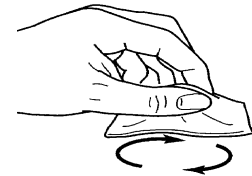
## Select the Site for Injection

- 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

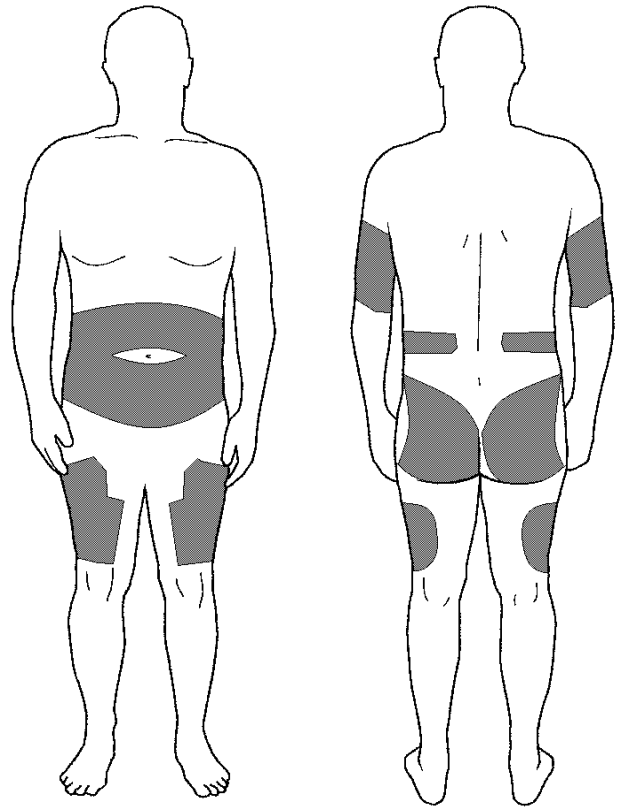
1. Wash your hands.
2. Clean your skin with an alcohol pad using a circular motion. Let the alcohol air dry.



# Administración de medicamentos por inyección subcutánea

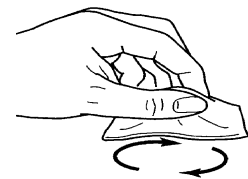
## Selección del lugar de la inyección

- Los lugares que se pueden usar son:
  - detrás de los bíceps;
  - abdomen, alrededor del ombligo;
  - parte delantera y área del costado de los muslos o parte superior de las piernas;
  - en la espalda sobre la cintura;
  - nalgas.
- Colóquesela a 1 pulgada (2.5 cm) de distancia de la inyección anterior.
- Colóquesela a 2 pulgadas (5 cm) de distancia del ombligo o cicatrices.
- **No** se la coloque en lugares que tengan moretones, estén sensibles o hinchados.

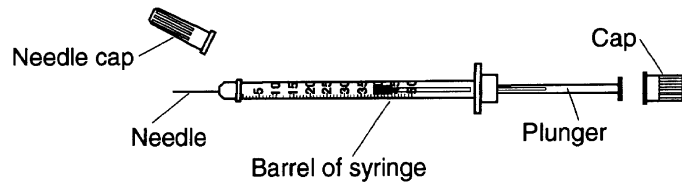


## Inyectar el medicamento

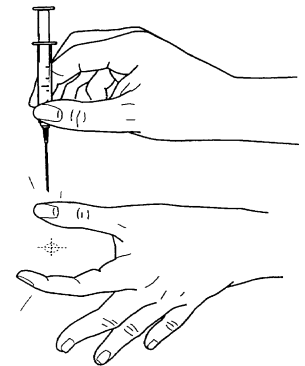
1. Lávese las manos.
2. Límpiase la piel usando una gasa con alcohol en un movimiento circular. Deje que el alcohol se seque al aire.



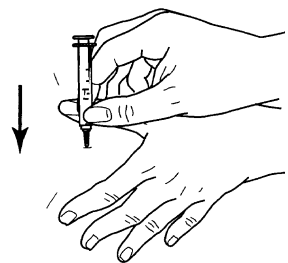
3. Remove the needle cap and hold the syringe like a dart.



4. Gently pinch the skin at the injection site.

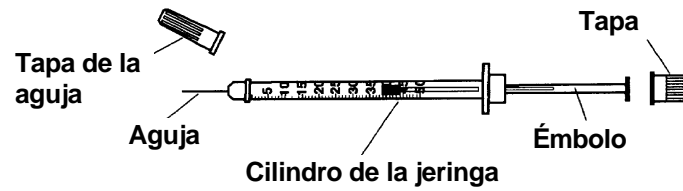


5. Insert the needle straight into the skin.

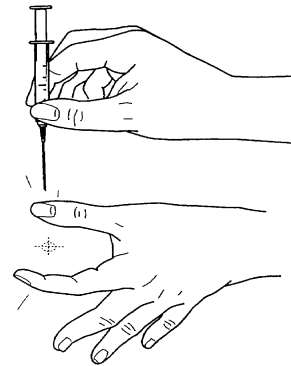


6. Let go of the skin and give the medicine slowly by pushing in the plunger.

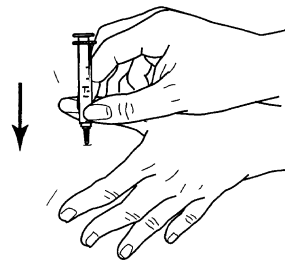
3. Retire la tapa de la aguja y sostenga la jeringa como un dardo.



4. Pellizque suavemente la piel en el lugar de la inyección.



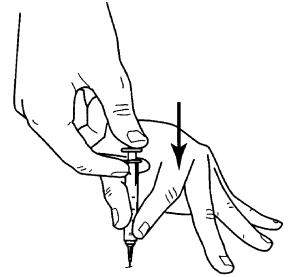
5. Inserte la aguja directamente en la piel.



6. Suelte la piel y administre el medicamento lentamente, empujando hacia dentro el émbolo.

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.**

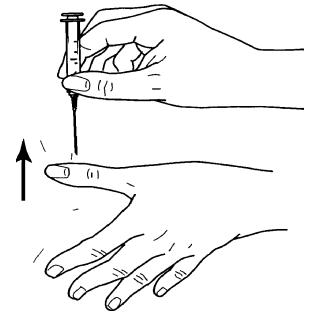
8. Hold pressure on the site for 30-60 seconds.



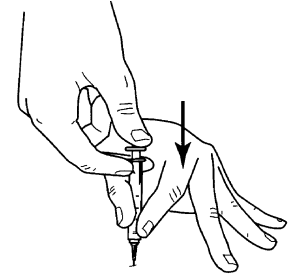
## Clean Up Supplies

- 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.**



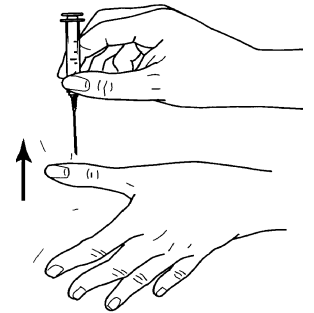
7. Retire la aguja de la piel y presione rápidamente el lugar con la gasa con alcohol o con un dedo. **No frote la piel.**
8. Mantenga presionado el lugar durante 30 a 60 segundos.



## Limpeza de los suministros

- Coloque la jeringa y la aguja usadas en un recipiente resistente con tapa, como un tarro de cloro o detergente. No vuelva a tapar la aguja.

**Hable con su médico o enfermera si tiene alguna pregunta o inquietud.**



2005 – 9/2010 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Giving Medicine by Subcutaneous Injection. Spanish.