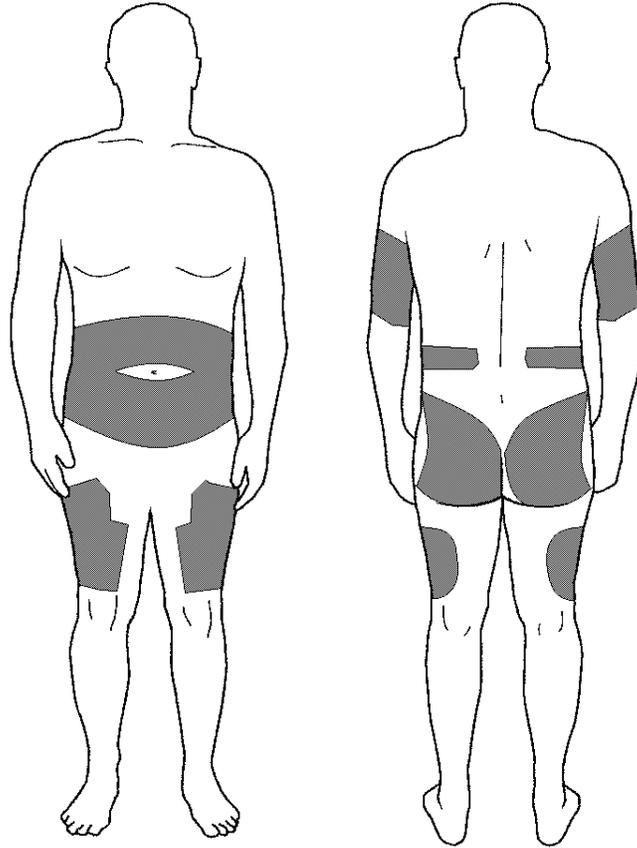


Subcutaneous Injection Sites



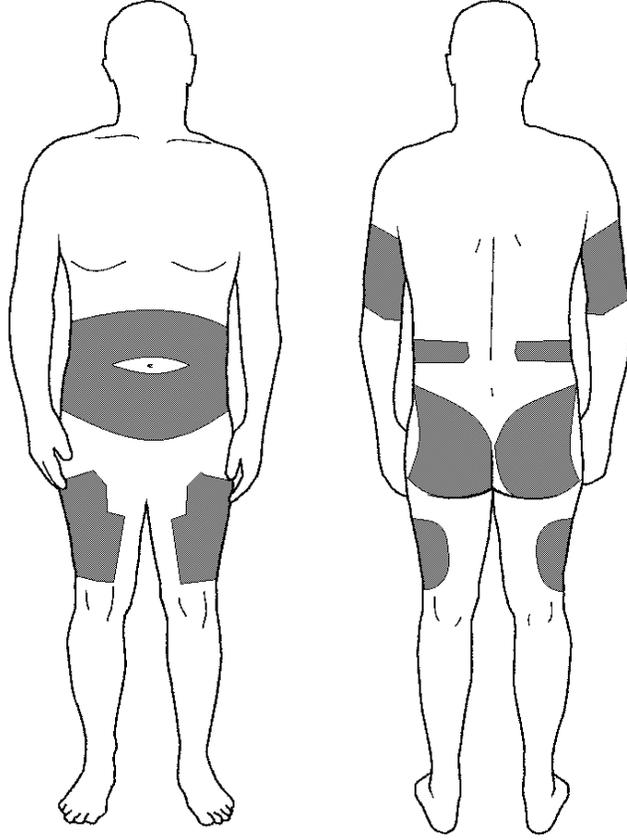
The medicine you are taking is to be given into the fatty tissue under the skin. You will be taught how to do the injection or shot. Use this sheet to know which sites to use for your injections.

- The stomach, arms, legs and buttocks can be used for injections as shown in the picture. Injections are absorbed best from the stomach, next from the arms, and least well from the legs and buttocks.
- Rub the site with alcohol. Let the alcohol air dry.
- Give your shot in a different spot each time.
- Talk to your doctor or nurse if you have any questions or concerns about where to give your injection.

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त्वचा के नीचे इंजेक्शन स्थल (Subcutaneous Injection Sites)



जो दवाइयाँ आप ले रहे हैं, त्वचा के नीचे मोटे ऊतक में दी जानी हैं। आपको सिखाया जाएगा कि इंजेक्शन अथवा शॉट कैसे दिया जाता है। इंजेक्शन देने के स्थलों के बारे में जानने लिए इस शीट का उपयोग करें।

- इंजेक्शन को लिए पेट, बाजूओं, टांगों और नितंबों पर दिया जा सकता है जैसाकि चित्र में दिखाया गया है। इंजेक्शन पेट द्वारा सब से अच्छी तरह से, उसके बाद बाजूओं द्वारा और सब से कम अच्छी तरह से टांगों तथा नितंबों द्वारा सोखा जाता है।
- स्थल को अल्कोहल से रगड़ें। अल्कोहल को हवा से सूखने दें।
- इंजेक्शन के शॉट हर बार अलग स्थल पर दें।
- इंजेक्शन देने के स्थल के बारे में यदि आपके कोई प्रश्न या चिंताएं हों तो अपने डॉक्टर या नर्स से बात करें।

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Subcutaneous Injection Sites. Hindi.