Subcutaneous injections

2. Inject the needle

- Inject the needle straight down into the pinched skin (at a 90 degree angle).
- While keeping the needle in the skin, slowly push down on the plunger to inject all of the medication.
- Pull the needle and syringe straight out from the skin. Put them in the sharps container right away.
- If there is any blood at the site, wipe with a tissue or cover with a bandage.

3. Clean up

- Wipe up any spilled medication very carefully to make sure none is left behind.
- Anything that has touched the medication (syringes, medication vials, alcohol swabs or other materials) is medical waste and must be put in the sharps container.
- Clean the work space. Wash your hands with soap and water.
- Safely store all of the supplies until your next injection.

Other instructions:

Subcutaneous injections

Your medication is __________________________.
You will take _____ mg (_____ mL) ______________________.

A Get ready

1. Choose the site for the injection

- The injection should go where you can pinch an inch of body fat to absorb the medication.
- Your stomach, the outside of your thighs and your outer upper arms are good choices for injection sites.
- Do not always pick the same spot. Choose a different site each week.
- Avoid scars, bruises, and red or swollen areas.
- Avoid the groin, joints and any veins you see.
- To reduce pain, a numbing medication (topical anaesthetic) can be put on the site about 30 minutes before the injection. If you would like to use this medication, please ask your doctor.

2. Choose a safe space to work

- A flat, clean, dry, well-lit area works best.
3. Gather the supplies you will need:

<table>
<thead>
<tr>
<th>Medication vial</th>
<th>Syringe and needle</th>
<th>Alcohol wipes</th>
<th>Sharps container</th>
</tr>
</thead>
</table>

4. Wash your hands
- The person giving the injection should wash their hands well with soap and warm water.

B Prepare the needle and syringe

1. Clean the medication vial.
   - If you’re using a new vial, remove the protective cap and throw it away.
   - Clean the top of the vial with an alcohol wipe. Throw away the alcohol wipe.

2. Prepare the syringe and needle.
   - Push the connecting ends of the syringe and needle through their packages.
   - Do not touch the connecting ends with your hands.
   - Line up the connecting ends and twist to secure them together.
   - Remove the protective coverings.

3. Put air into the vial
   - Pull the plunger of the syringe back until it is level with the amount of your required dose of medication.
   - Insert needle into medication vial. Push the plunger down to zero to inject air in the vial. Do not remove the needle.

4. Draw up the medication into the syringe
   - Keep the needle in the vial and turn them upside down. The needle will now be pointing upwards.
   - Pull down on the plunger to slowly “draw up” the medication liquid into the syringe.
   - Check for air bubbles in the liquid. If you see bubbles, tap the syringe so the bubbles will float to the top.
   - Push the plunger back up so the air bubbles go into the vial.
   - Adjust the plunger (push up or pull down slightly) until the top of the black plunger is level with the amount of your required dose.
   - Once you have drawn up the right dose of medication, turn the vial and needle back upright, keeping the needle in the vial.
   - Slowly remove the syringe and needle from the vial.

C Give the injection

1. Prepare the site for injection
   - If you used numbing medication, wipe it away with a tissue.
   - Clean the site with an alcohol swab.
   - Pinch the skin at the site, but not too firmly.
3. Gather the supplies you will need:

| Medication vial | Syringe and needle | Alcohol wipes | Sharps container |

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