

Giving a subcutaneous injection

Subcutaneous injection is also called SubQ injection. Your nurse or doctor will show you the type of needles and syringes you need and how to give a SubQ injection.

Supplies

- syringe, needle
- alcohol swab

You will need:

_____ mL syringe _____ needle size.

Notes:

- medication

Name: _____

Amount: _____

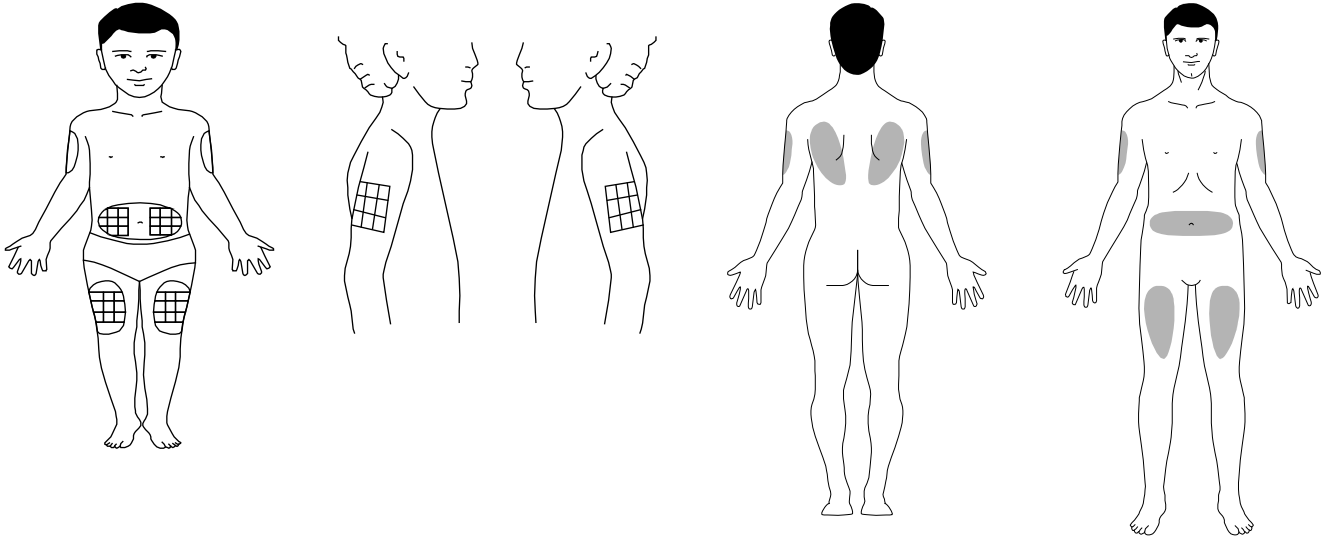
Time(s): _____

- sharps container
 - sterile 2 x 2 gauze pad or cotton swab
 - bandage, if needed
-

Choose injection site

- Injections sites are determined by your age and health.
- Your nurse or doctor will instruct you on the best sites for you.
- Rotating the injection sites is recommended.

Samples of rotating sites

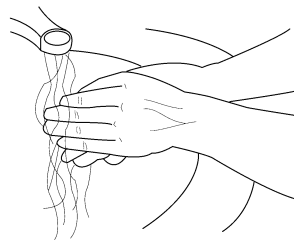


Preparation

- Gather your supplies.
- Check the dose and expiration date on your medication.
- Check that the correct size needles and syringes are in their sealed packages.

Handwashing

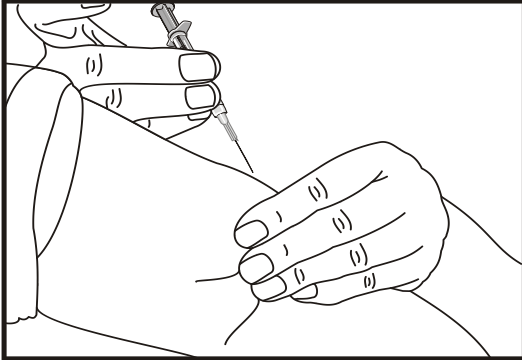
- Wash your hands before giving and after injection.



Giving the injection

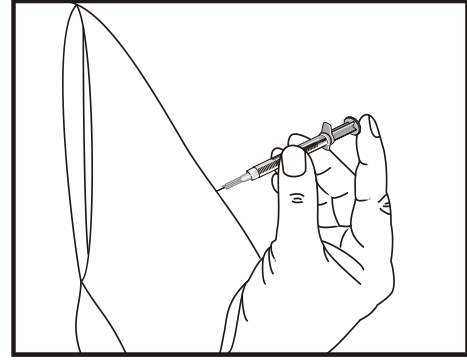
The angle of the needle depends on the amount of soft tissue at the injection site – a 45 or 90 degree angle. Your nurse or doctor will show you the angle for you.

45 degree angle



1. Draw up your medication as taught.
2. Clean the skin of the injection site with the alcohol swab.
3. Draw up a one inch skin fold and insert the needle at a 45 degree angle. Keep finger off the plunger until ready to give medication.
4. Push in the plunger to give the medication.
5. Remove the syringe from your skin and release the fold of skin. You may want to count to 5 before removing the needle.
6. Hold a cotton swab or gauze to the site for a few minutes. With some medications, you may need to apply more pressure at the injection site. Your nurse or doctor will tell you if this applies to you.

90 degree angle



1. Draw up your medication as taught.
2. Clean the skin of the injection site with the alcohol swab.
3. Insert the needle at a 90 degree angle. Keep finger off the plunger until ready to give the medication.
4. Push in the plunger to give the medication.
5. Remove the syringe from your skin. You may want to count to 5 before removing the needle.
6. Hold a cotton swab or gauze to the site for a few minutes. With some medications, you may need to apply more pressure at the injection site. Your nurse or doctor will tell you if this applies to you.

7. Do not recap needle as this may cause injury. Throw out the needle and syringe in a sharps container.



8. Apply a bandage if desired.

9. Tell your nurse or doctor if you notice any reaction at the site of injection. Reactions may include:

- redness
- swelling
- pain
- discharge
- warmth

Notes
