

# Giving yourself an Injection- (subcutaneous)



#1 Pinch your skin. Take a big pinch of skin between your thumb and index finger and hold it. (Your thumb and forefinger should be about an inch and a half apart.) This pulls the fatty tissue away from the muscle and makes the injection easier.

#2 Inject the needle. Inject the needle into the pinched skin at a 90-degree angle. You should do this quickly, but without great force. If you have very little fat on your body, you may need to inject the needle at a 45-degree angle to the skin.

#3 Insert the medication. Slowly push the plunger to inject the medication. You should inject the entire amount of medication.

#4 Withdraw the needle. Let go of the pinched skin and withdraw the needle. Discard the used needle in a puncture-resistant sharp's container. Apply pressure to the site. Use gauze to apply light pressure to the injection site. If there's any bleeding, it should be very minor. You may notice a little bruising later. This is common and nothing to be concerned about.

