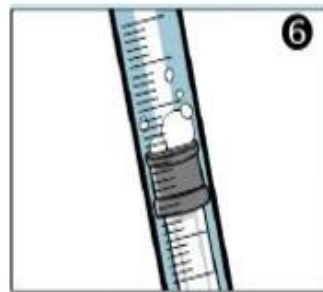


HOW TO ADMINISTER YOUR GLP/SQ SUPPLEMENT



1

Gather your supplies and wash your hands or use hand sanitizer.



6

Look for air bubbles. Flick the syringe and push the bubbles back into the vial. Pull the plunger to the desired units. Repeat until no bubbles are seen. Pull the needle and syringe out of the vial.



2

Wipe the top of the vial with an alcohol swab. Allow to dry.



7

Clean a small area of skin on your abdomen with an alcohol swab. Allow to dry completely.



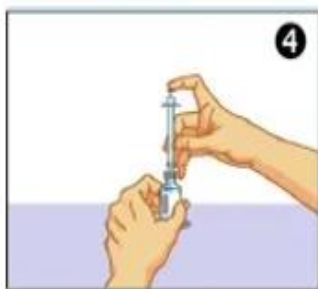
3

Remove the caps from the syringe and pull the plunger down to the units or ml you plan to inject allowing air to fill the syringe.



8

Pinch the area of skin you cleaned with your non-dominant hand. Hold the syringe in your dominant hand at a 90 degree angle to your abdomen.



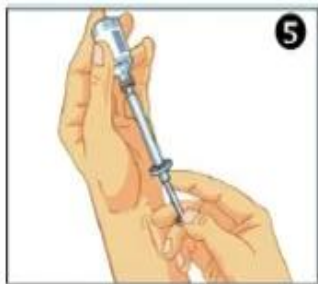
4

Insert the needle gently into the vial and push the air into the vial. Leave the needle in the vial.



9

Push the needle into the pinched skin, place your finger on the plunger, and push the plunger to inject the liquid. Release the pinch and pull the needle out of your skin.



5

Turn the vial and syringe upside down being careful not to bend the needle. Be sure the needle is in the liquid, not in air space inside the vial. Pull the plunger down to the desired number of units or ml allowing liquid to fill the syringe.



10

Place the used syringe into a sharps container. Do not reuse the syringe.

Full containers can be exchanged at any fire department station.