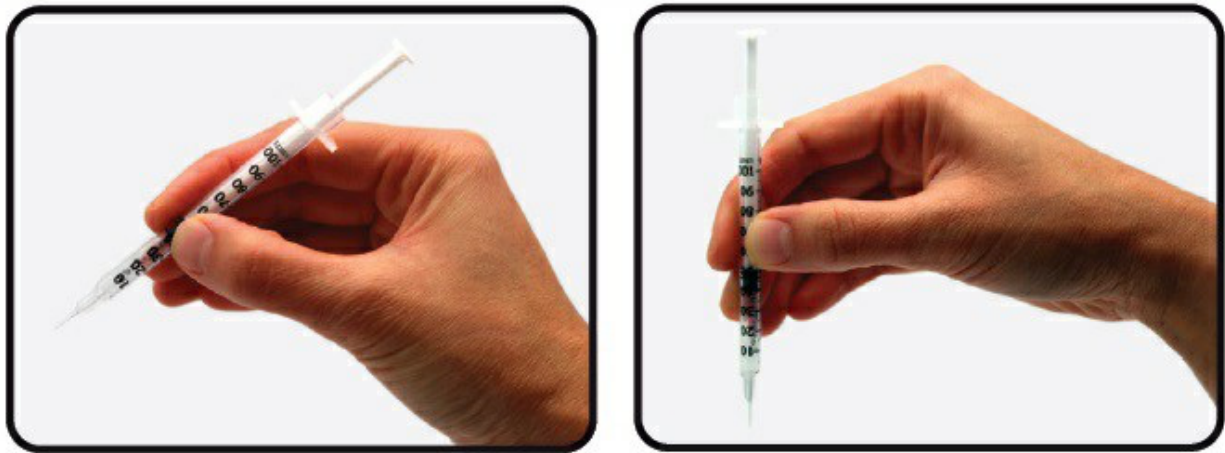




INSTRUCTIONS FOR SUBCUTANEOUS INJECTIONS

A subcutaneous injection, also known as an SQ Injection is given in the fatty layer of tissue just under the skin. Syringes for Subcutaneous Injections will use smaller needles than those used for injections into the muscle. The typical Insulin or TB syringes will have a half inch or less needle length because it only needs to go slightly below the skin level.

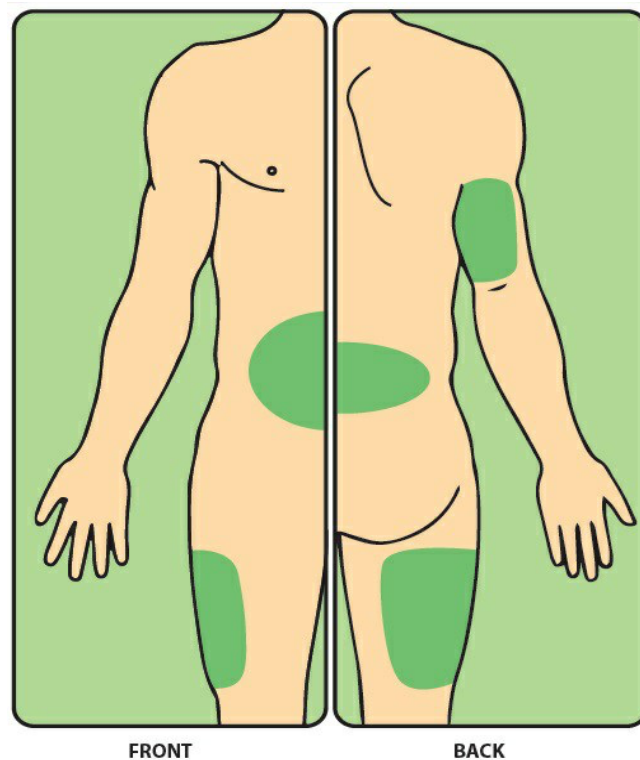


The Correct Angles & Ways to Hold the Syringe

Subcutaneous injections can be given straight in at a **90 Degree** Angle, or at a **45 Degree** Angle. You can give the shot at a 90-degree angle if 2 inches of skin can be grasped between your thumb and index finger. If only 1 inch of skin can be grasped, give the shot at a 45-degree angle.

WHERE ARE SUBCUTANEOUS INJECTION SITES?

There are many sites on the body that are safe to give subcutaneous shots.



**Sites On The Body Where Subcutaneous
Injections Can Be Given**

Upper Arm:

Uncover the arm to the shoulder to see the whole arm. Have the person getting the shot stand with hand on hip. Stand next to and a little behind the person. Find the area in the middle part of the arm, halfway between the elbow and shoulder. Gently grasp the skin at the back of the arm between your thumb and first 2 fingers. You should have 1-2 inches of skin.

Abdomen:

Uncover the abdomen to see the whole area. Find the waist area. You may give a shot bounded by these landmarks: below the waist, to just above the hip bone, and from where the body curves at the side to about 2 inches from the middle of the abdomen. Use the natural line in the middle of the body as a marker. It may be hard to see, but it is there unless it was uncovered by surgery. Avoid the surrounding area 2 inches from the belly button.

Thigh:

Uncover the entire leg. Find the area between the knee and hip. The middle of the thigh, from the mid-front to mid-side, on the outside part of the thigh, is a safe site. Gently grasp the area to make sure you can pinch 1-2 inches of skin.

What items do I need to give a subcutaneous injection?

- One Alcohol wipe.
- The vial contains injectable medication.
- The correct size needle and syringe (included in your package)



HOW TO DRAW UP YOUR MEDICINE

- Gather your supplies.
- Wash your hands with soap and water or use an alcohol-based hand sanitizer.
- Remove the cap from the vial to expose the rubber stopper.
- Clean the rubber stopper with an alcohol prep pad for 7 seconds. Let the stopper air dry. Do not blow air on it.
- Remove the syringe from its package. Twist the attached needle to make sure it is firmly in place.
- With the needle cover still on the needle, pull back on the plunger and pull air into the syringe. The amount of air pulled into the syringe should be the same as the prescribed dose of medicine.
- Carefully pull the needle cover straight off the needle. Do not touch the needle.
- Place the medicine vial on a stable, flat surface. Insert the needle through the rubber stopper. If the needle touches anything other than the cleaned stopper, discard the needle and start over.
- Push the plunger of the syringe down and push air into the vial. The air will allow the medicine to be withdrawn more easily.
- Keeping the needle in the vial, turn the vial upside down. Make sure the needle is in the liquid medicine.
- Slowly pull back on the plunger and let the medicine enter the syringe. Fill the syringe to the prescribed dose.

- Check for air bubbles in the syringe. To remove the air bubbles, gently tap the syringe until the bubbles rise to the top of the syringe barrel. Then push the plunger, forcing the air out of the syringe. Once again pull the plunger back to the number that matches the prescribed dose. Double check for air bubbles. Repeat these steps if needed.
- Double check that the correct dose is in the syringe.
- Take the needle out of the vial. While holding the syringe with needle pointing up, push the plunger up until a tiny drop of medicine is seen on the needle tip. Carefully recap the needle.

HOW DO I INJECT MEDICATION INTO SUBCUTANEOUS SITES?

Please read the section all the way through before administering the shot. It is important to get a general idea of what you are about to do before you begin. You may read this step-by-step procedure again as you do it.

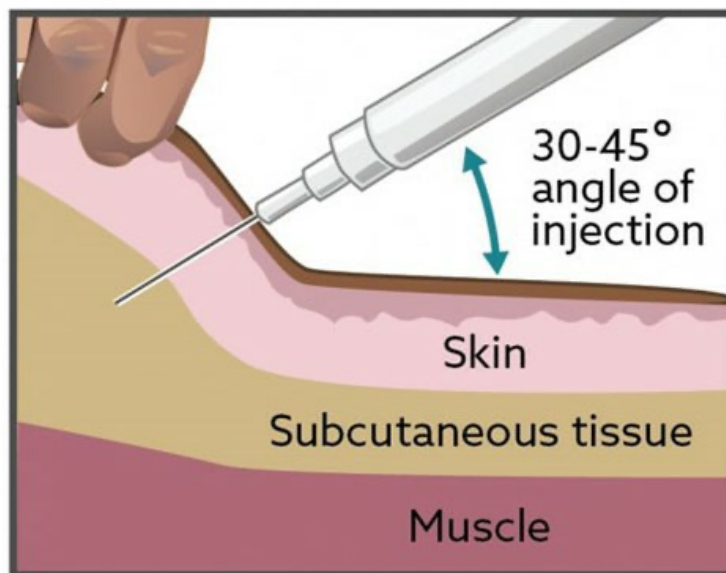
Wash your Hands thoroughly with soap and dry them completely.

Open the foil covering the alcohol wipe.

Wipe the area where you plan to give the shot. Let the area dry.

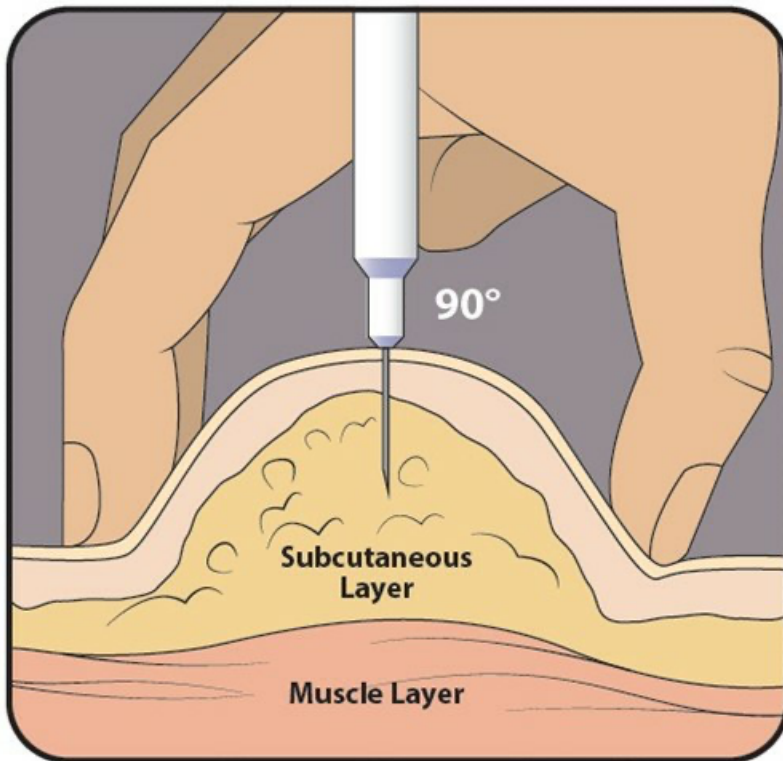
Take the cover off the needle. Hold the syringe with your writing hand and pull the cover off with your other hand, like taking the cap of a pen.

If you will give the shot at a 45-degree angle, Hold the syringe with your writing hand. Place the syringe between your thumb and your index and second fingers. The needle should be pointing upwards or downwards at the 45-degree angle you plan to use.



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If you give the shot at a 90-degree angle, hold the syringe with your writing hand. Hold the syringe under your thumb and first finger. Let the barrel of the syringe rest on your second finger. (Many people hold a pen this way when they write)



Grasp the skin with your hand not holding the syringe. Holding the syringe barrel tightly with your writing hand, use your wrist to insert the needle through the skin. Sometimes the needle goes in easily. Some people have tougher skin and a little more pressure or quickness will be required.

Once the needle is all the way in, push the plunger down slowly to inject the syringe's contents.

Remove the needle at the same angle you put it in.

Dispose of the syringe and needle in the sharp container.

HOW CAN I GET RID OF USED SQ SYRINGES AND NEEDLES?

You can purchase a sharps disposal container, which is a hard plastic container made especially for used syringes and needles, at your local pharmacy. If you did not purchase this container with your medication, you can use a hard plastic container with a screw-on top such as a clothing softener or hard plastic detergent bottle. Make sure you can put both the syringe and the needle into the container easily. Whatever container you choose, make sure that the needles cannot break through the sides bottom or top. When your sharps disposal container is about three-quarters (3/4) full, follow your local community guidelines for getting rid of the container.



Sharps containers can be found at your local pharmacy, Walmart, and/or can be purchased on Amazon.