

What are the risks of a subcutaneous injection?

A subcutaneous injection may cause an infection, scarring, lumps, or dimpling of the skin. Additionally, the needle may break in your skin or hit a nerve.

When should I contact my caregiver?

Contact a caregiver if:

- a fever, sneezing, or coughing develops after injection.
- a persistent lump, swelling, or bruising is found at the injection site.
- you have questions about how to give an injection.

When should I seek immediate care?

Seek care or call 911 immediately if:

- a rash or itching develops after the injection is given.
- shortness of breath develops after the injection is given.
- the mouth, lips, or face swells after the injection is given.



How to Give a Subcutaneous Injection

Step-by-step instructional video available on our website:
www.innovationcompounding.com/patient-tutorials

Contact Us

Learn how to use your medication:
www.innovationcompounding.com/patient-tutorials

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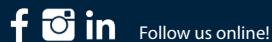
Our pharmacist are here to help answer questions, provide recommendations, and treat you with the care and compassion you deserve.



Contact Us

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Please consult a licensed healthcare professional about diagnosis and treatment. Information and statements on this material have not been evaluated by the Food and Drug Administration.

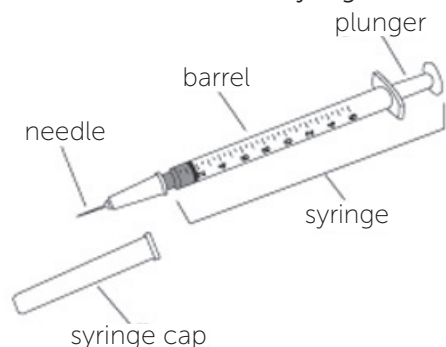
General Information

What is an subcutaneous injection?

A subcutaneous injection is a shot given into the fat layer between the skin and muscle. Subcutaneous injections are used to give small amounts of certain kinds of medicine.

What should I know about the syringe?

There are 3 parts to a syringe: the needle, the barrel, and the plunger. The needle goes into the muscle. The barrel holds the medicine and is marked in milliliters (mL). The plunger is used to move medicine into and out of the syringe.

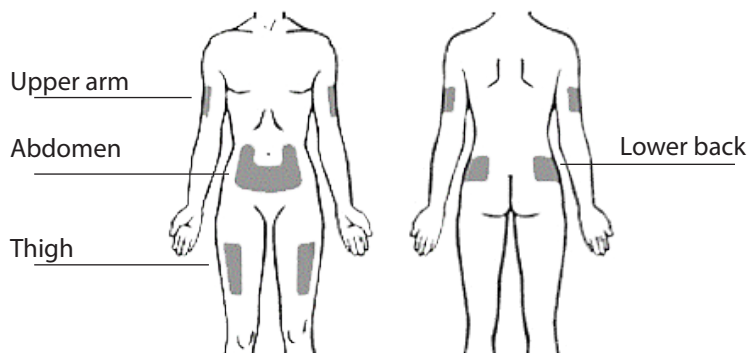


- An insulin syringe holds up to 1 mL of medicine and has markings from 10-100 (100 is equal to 1 mL; 50 is equal to ½ mL).

- A tuberculin syringe holds up to 1 mL of medicine and is marked every 0.1 mL. The needle is slightly longer than an insulin syringe.

Where can I give an subcutaneous injection?

The following are safe areas to give a subcutaneous injection:



Abdomen: Uncover your abdomen. You may give an injection in the area below the waist to just above the hip bone and from the side to about 2 inches from the belly button. Avoid injecting near the belly button.

Thigh: Uncover your entire leg. Gently pinch 1-2 inches of skin in the area halfway between the knee and hip and slightly to the side.

Lower back: Uncover your back from the waist to the top of the buttocks. Imagine a line that runs across your back just above the crack between the buttocks. Give the injection in the area above this line, below the waist, and halfway between the spine and the side.

Upper arm: Uncover your arm up to the shoulder. Stand with your hand on your hip. The person giving the injection should stand next to and slightly behind you. They can give the injection in the area halfway between the elbow and shoulder. Have them gently grasp 1-2 inches of skin at the back of your arm between their thumb and first two fingers.

How do I choose the best place for a subcutaneous injection?

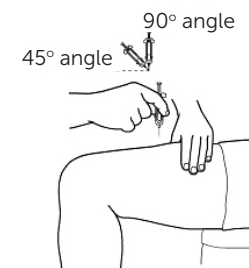
- **Keep track of where injections are given.** Make a list of the sites you've used. Record the date, time, and site each time you give an injection.
- **Change sites for each injection.** Using a different site for each injection prevents scars and alterations in skin tissue. The injection sites should be at least 1 inch away from each other. Ask your caregiver if you must use a specific injection site.

What do I need to give an injection?

- One alcohol wipe
- One sterile, 2x2 gauze pad
- A new needle and syringe that are the correct size
- Disposable gloves, if available

How do I give a subcutaneous injection?

Subcutaneous injections can be given at a 90° or 45° angle. Give the injection at a 90° angle if you can grasp 2 inches of skin. If you can only grasp 1 inch, give the injection at a 45° angle.



- **Open the alcohol wipe.** Wipe the intended injection site. Let dry. Do not touch the site until you give the injection.

- **Prepare the needle.** Hold the syringe in your dominant hand and remove the cap with your other hand. Place the syringe between your thumb and forefinger. Let the barrel of the syringe rest on your middle finger.

- **Grasp the skin.** With your free hand, grasp the skin.

- **Insert the needle into the skin.** Hold the syringe barrel tightly and use your wrist to inject the needle into the skin.

- **Inject the medicine.** Push down gently on the plunger. You can inject the medicine slowly to reduce the pain of some medicines. Leave the needle in for 5 seconds before removing it to prevent leakage.

- **Remove the needle at the same angle you put it in.** Gently wipe the area with the gauze pad.

How do I get rid of used syringes and needles?

Do not throw needles in the trash. You may have received a plastic container made especially for used syringes and needles. You can also use an empty soda bottle with a screw cap. Make sure that the syringe and needle fit easily in the container and will not break through the sides. Ask your caregiver or pharmacist regarding state and local requirements for disposing of used syringes and needles.