# How to Give Sub Q Fluids

**Giving subcutaneous, or "sub-Q" fluids to your pet at home can help support hydration and kidney function.**

**1. Gather Your Supplies**
• Bag of fluids
• Primary IV line
• Needles
• IV stand or a place to hang the fluid bag
• Towel or blanket for your pet to sit on
• Treats or gentle reassurance
• A calm, comfortable space where your pet feels safe.

**2. Prepare the Fluid Bag**
• Hang the bag
• Remove the protective caps from the bag port and fluid line.
• Insert the spike of the fluid line into the bag port, keeping everything sterile.
• Run the fluid through the line to remove air bubbles, then close the clamp/ stopper

**Tips:** Most 1-liter saline or phylyte bags have measurement markings in 100 ml increments on the side of the bag. You can use these markings to measure how much fluid you're giving. For example, if your pet needs 200 ml, watch the fluid level drop by two lines.
For an accurate reading, make sure the bag is held straight and upright when checking the markings.

**3. Attach the Needle**
Always use a new, sterile needle for each treatment. Twist it on to the end of the fluid line securely.

**4. Prepare Your Pet**
Have a helper hold the pet, or if doing this by yourself you will position them comfortably in your lap or on a soft blanket. **Pro Tip:** Use a carabiner to hang the bag up if doing fluids alone.

**5. Find the Injection Site**
The most common spot is between the shoulder blades or along the upper back. You'll gently lift the skin to form a "tent"

**6. Insert the Needle**
Hold the needle with the bevel facing up. Insert it into the base of the skin tent at a shallow angle.

**7. Give the Fluids**
• Open the clamp to let the fluids flow.
• Watch the drip chamber to see it running.
• You will notice a small lump of fluid forming under the skin. This is normal and will be absorbed in a few hours. Do not worry if the fluid falls to their sides, this is just due to gravity.

**Tip**: If you'd like the fluids to flow faster, you can gently roll up the top of the fluid bag, similar to squeezing a tube of toothpaste. This creates a little pressure and helps push the fluids in more quickly. Do this gently so your pet stays comfortable.

**8. Finishing Up**
• Close the clamp when you've given the prescribed amount.
• Remove the needle and immediately cap it for safety
• Praise your pet and offer a treat
You may notice a small amount of blood or some of the fluids leaking out after removing your needle, this is normal.

**9. Final Tip**
Always follow your veterinarian's instructions on how much and how often to give fluids.