

I AM WELLNESS MD

SELF-INJECTION INSTRUCTIONS

Giving yourself an injection at home may feel intimidating at first, but most patients find it becomes quick and easy with practice. This guide walks you through the process step by step so you can inject safely and confidently.

Confidence

Self-injection is a common part of many medical treatments. With proper technique and preparation, injections can be done comfortably and safely at home.



Self Injection

Before You Inject

Preparing properly helps ensure a smooth and comfortable injection experience. Take a moment to review your supplies and instructions before starting.



Clean

Wash your hands thoroughly and use a clean, well-lit surface.



Check

Confirm the medication name, dose, and instructions on your vial.



Prepare

Have your syringe, alcohol wipe, and sharps container ready.

Safety

- Use a new needle each time
- Never share injection supplies
- Follow vial instructions exactly
- Dispose of needles properly

Questions before injecting?

A 801 W. Big Beaver Rd Troy, Mi. 48084
P (947) 600-7727
W www.iamwellnessmd.com



Injection Sites

Common injection sites include the abdomen, thigh, or upper arm, depending on your comfort and reach. Rotating injection sites each week helps prevent skin irritation, bruising, and tenderness while allowing the tissue to heal between injections. Avoid areas that are red, sore, scarred, or irritated, and choose a new spot at least one inch away from your previous injection site.

Injection Technique

Begin by cleaning the skin with an alcohol wipe and allowing it to air dry completely. Insert the needle using the technique demonstrated in your training materials and inject the medication slowly and steadily to minimize discomfort. After the injection, remove the needle gently, apply light pressure if needed, and safely dispose of the needle in a sharps container.

GLP-1 Injection Sites

Common Areas for Subcutaneous Injections



After Your Injection

After injecting, it's normal to notice mild redness or tenderness at the site. These reactions usually resolve on their own. Monitor how you feel and contact us if you experience symptoms that concern you.



Sharps Disposal

Place used needles immediately into a sharps container. Never throw loose needles into household trash.



Consistency

Take your injection on the same day each week unless directed otherwise by your provider.

01

Review the Vial

Always read and follow the dosing instructions on your medication vial.

02

Prepare the Dose

Measure your dose exactly as prescribed.

03

Inject Slowly

Administer the medication calmly and steadily.

04

Dispose Safely

Place the needle directly into a sharps container.

Important Reminders

- Follow vial instructions over all other guidance
- Do not adjust your dose on your own
- Contact us before injecting if unsure
- Reach out with questions at any time