



## **HOW TO INJECT A GLP-1 AND SERMORELIN SUBCUTANEOUSLY**

### **1. Wash.**

Clean your hands to prevent infection.

### **2. Choose a site on your abdomen.**

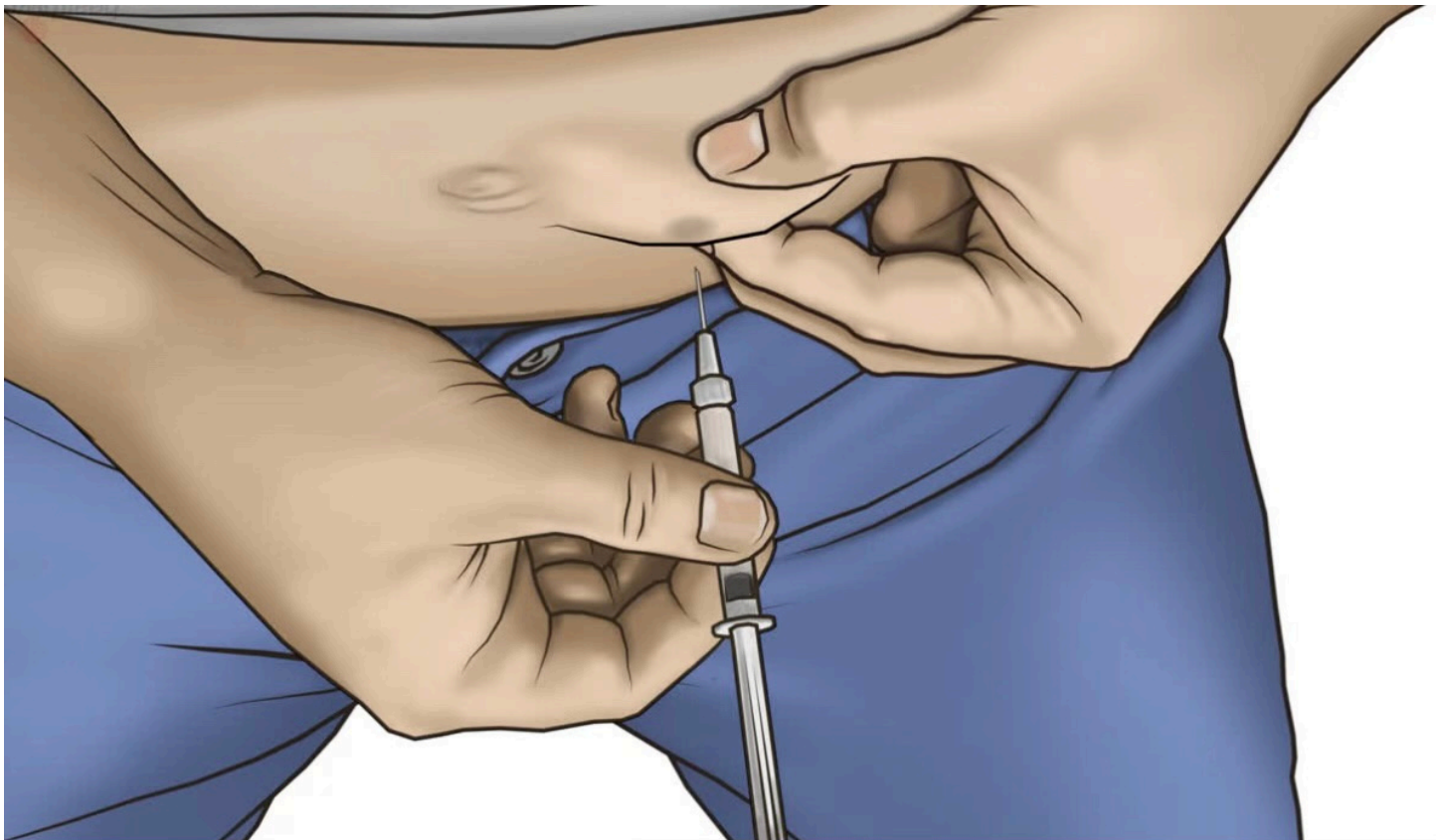
Pick a spot, avoiding the area within 2 inches of the navel. The love handles are often a good option for injections.

**3. Clean.**

Wipe the area with an alcohol swab and let it dry.

**4. Pinch.**

Gently pinch a fold of skin to lift the fat layer. Never inject through clothing.



**5. Stab**

Hold the syringe like a dart and insert it at a 90 degree angle. Sometimes a short cough before you stab helps distract you

**6. Inject.**

Slowly push the plunger all the way down.

**7. Remove the needle.**

Pull the needle out at the same angle it was inserted.

**8. Dispose of the needle.**

Don't recap the needle due to risk of poking yourself. Throw it away in a sharps container. An aluminum can makes a good sharps container in a pinch

**9. Apply pressure.**

Use alcohol swab or cotton to hold pressure if bleeding. You should not need a bandage