



## How to Fill Weight-Loss Syringes

Video: [How to draw up and give yourself a subcutaneous injection](#)

1. Gather supplies: Weight-Loss medicine vial, syringe, alcohol pad, puncture-proof container (empty soda bottle or milk carton with a lid will do). For training, use water-vial and simulated flesh.
2. We suggest these supplies from Amazon: [insulin storage case](#) and [alcohol wipes](#). If you need extra syringes use 1ml [insulin syringes](#) with a needle length of 5/16" (8mm) and gauge of 31G (.25mm).
3. Generally, you fill 4 syringes at a time for each month. You will inject one syringe each week. For another video on subcutaneous self-injections, see [How to Self-Inject Weight-Loss Medication](#).
4. Sanitize a working area. Use clean paper/sheet or wipe counter with alcohol.
5. Wash your hands thoroughly. Then use an antibacterial wipe or gel. We like to use an alcohol wipe on our hands and on the vial bottle.
6. Check that the vial has Weight-Loss Medication in it. Then gently shake the vial. Roll it around several times.
7. Check dosing instructions for this month's injections on your MEMBERS PAGES at MedPure.com.
8. Wipe the rubber top of the vial with an alcohol pad or wipe.
9. Hold the syringe in your hand like a pencil, with the needle pointed up.
10. Carefully remove (twist-off) the covers off both ends of the syringe.
11. Pull back the plunger 5-10 units past the line on your syringe for your dose. This fills the syringe with air. Insert the needle into the rubber top. Do not touch or bend the needle.
12. Push the plunger all the way back in to push air into the vial (and create some positive pressure).
13. Turn the vial upside down and hold it up in the air. Keep the needle tip in the medicine.
14. Pull back the plunger to the line on your syringe for your dose plus 5 or 10 units extra. For example, if your dose is 10 Units, pull the plunger to the line marked 15 Units.
15. Tap the side of the syringe with your finger to move air bubbles to the top. Then push gently on the plunger to push the air bubbles back into the vial and to your dose amount. Check that you still have the right amount of medicine drawn up. Note: It is okay to inject a very small amount of air bubbles so long as you have the full dose of medicine.
16. If you have a lot of bubbles, push all of the medicine back into the vial and start over. Draw medicine out again slowly plus 5 to 10 extra units. Tap air bubbles out or to the top. Then push the plunger back in until you have the right amount of medicine drawn up.
17. Remove the syringe from the vial and keep the needle clean. If you plan to put the syringe down or to store it, put the cover back on the needle.