

How to Self-Inject Weight-Loss Medication

Note: During your first Monthly Consult we will show you how to self-inject your Weight-Loss Medication.

Weight-Loss Medication is given as a subcutaneous (Sub-Q) injection into the fat layer between your skin and muscle.

First, click and watch this video: <https://www.youtube.com/watch?v=zfvV96b07bU>

1. Wash your hands thoroughly. Then apply alcohol-based gel or use alcohol wipes on your hands.
2. Pre-warm the pre-filled syringe to room temperature or body temperature by rolling the barrel of the syringe in your fingers for 1 minute (keep the cap on the needle). This makes the injection easier.
3. Take your injections in the fatty areas of your abdomen (stomach) and/or your thigh. Vary the injection site by at least 2 inches each week.
 - a. Abdomen: Uncover your abdomen. Select an area below the waist (under your rib-cage) to just above the hip bone and from the side to about 2 inches from the belly button. Avoid the belly button.
 - b. Thigh: Uncover the entire leg. Select an area halfway between the knee and hip and slightly to the side.
 - c. Gently grasp your selected fatty area to make sure you can pinch and lift 1 to 2 inches of fat.
4. Open the alcohol wipe: Wipe the area where you plan to give the injection. Do not touch this area until you give the injection.
5. If you can grasp 2 inches of skin between your thumb and first finger, give the injection straight in at a 90-degree angle. If you can grasp only 1 inch of skin, give the injection at a 45-degree angle. You may choose to wear gloves.
6. With your writing hand, grasp the barrel of the syringe like a pen between your thumb and first two fingers. Pull the cover off the needle with your other hand.
7. With that other hand, grasp and lift the 1-2 inches of fat you selected.
8. Insert the needle all-in through your skin and into your pinched fat. Our needles are short-enough to be inserted all-in without entering your muscle.
9. Once the needle is all-in, keep downward pressure and use your thumb or first finger (whichever is easier) to push the plunger smoothly down all the way to inject all the Weight-Loss Medicine. Pause one second to fully inject.
10. Remove the needle at the same angle you put it in. Gently wipe the area with another alcohol pad. If needed, hold the alcohol pad on your skin to stop any bleeding, or use a gauze or band-aid to prevent further bleeding.

Subcutaneous Injection



Pinch and inject



Note: Have a responsible adult stay with you for 20-minutes in case you have a severe reaction (very rare). You should also have an up-to-date epinephrine injector (epi-pen) in case you have a system reaction (extremely rare).

Do not throw needles into the trash. Use a Sharps container or an empty drink bottle or milk carton with a screw lid. Make sure the syringe and needle fit into the container easily and cannot break through the sides. Dispose of the container or bottle when full. Do not allow near children.

Contact your regular health provider or emergency or urgent care:

1. If there is a lump, swelling, or large bruising at the injection site that does not go away in a few weeks.
2. If you develop a fever, sneezing, or coughing after the injection is given.
3. A rash or itching develops after the injection is given and does not go away in a day or two.
4. Shortness of breath develops after the injection is given.
5. Your mouth, lips, or face swells after the injection is given.