



HOW TO ADMINISTER SUBCUTANEOUS (SUB Q) INJECTIONS

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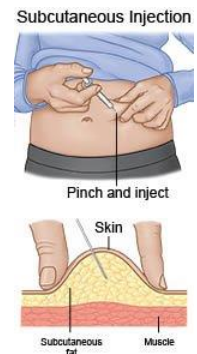
Step 1: Setting Up for the Injection

1. Clean your work area.
2. Wash your hands as it is one of the most important things you can do to prevent infection.
3. Inspect your medication. Do not use a medication with particles, discolored or has expired.
4. Assemble your supplies: alcohol wipes, syringe(s), sharps container.
5. Clean the injection site with an alcohol wipe.
6. Gather your medication vial, alcohol swab and syringe that you received with your order.
7. Review the prescribed dose of your medication.

Step 2: Preparing the Injection Site

Choose from one of the following injection sites:

- **Abdomen:** Uncover your abdomen. You may give an injection within the following area: below the waist to just above the hip bone and from the side to about 2 inches from the belly button. Avoid the belly button.
- **Thigh:** Uncover the entire leg. Find the area halfway between the knee and hip and slightly to the side. Gently grasp the area to make sure you can pinch 1 to 2 inches of skin.
- **Lower back:** Uncover the back from the waist to the top of the buttocks. Imagine a line that runs across the back just above the crack between the buttocks. An injection may be given below the waist and above this line. Give the injection halfway between the spine and the side.
- **Upper Arm:** Uncover the arm to the shoulder. Have the person getting the injection stand with his hand on his hip. Stand next to and a little behind the person. Find the area halfway between the elbow and shoulder. Gently grasp the skin at the back of the arm between your thumb and first 2 fingers. You should be able to grasp 1 to 2 inches of skin.



Prepare the injection site by cleaning it with alcohol. If 2 inches of skin can be grasped between the thumb and forefinger, then the needle should be at a 90-degree angle. If only 1 inch of skin can be grasped, give the shot at a 45-degree angle.

Step 4: Preparing the Injection Dose

1. Prepare the injection. Uncap the vial and wipe the top of it with an alcohol swab.
2. Then draw an amount of air equal to the volume of your injection into the syringe. For example, if your dose is 1 ml, pull back the plunger on your syringe to the 1 ml mark.
3. Pick up the vial and insert the needle of the syringe into the vial at a 90-degree angle. This will prevent coring-- the introduction of pieces of the vial's rubber stopper into the vial. Inject the air into the vial.
4. Keeping the vial upside down, gently pull back on the plunger to fill the syringe with the medication to the number (mL or cc) that matches the prescribed dose.
5. Withdraw the syringe and needle from the vial. Do not let the needle touch any surfaces.

NOTE: You may feel some burning, itching or get bruising, redness, slight welt, or hard ball under the skin which is normal. Discontinue use immediately if these symptoms are severe.

Step 5: Give the Injection

1. Inject the solution into the skin by inserting the needle at the proper angle using a quick and smooth motion. **DO NOT FORCE THE NEEDLE.**
2. Then depress the plunger, slowly releasing all the medication into the skin.
3. Withdraw the needle and discard it in a sharps container.
4. Rotate the injection site, not injecting in the same spot each time.