



SUBCUTANEOUS SELF-INJECTION GUIDE

So you have to give yourself an injection...

Here's how it works:



STEP 01: GATHER SUPPLIES

- * Have **alcohol swabs** ready to maintain a clean injection site.
- * Gather a **sharps container** for safe disposal of needles.
- * Verify you're using the correct **syringe** (an orange capped insulin syringe).
- * Verify correct **medication**, dosage, and **instructions**.

STEP 02: PREP YOURSELF

- * Wash hands thoroughly.
- * Make sure you are comfortable and relaxed.
- * Choose your injection site: thighs (front or outer thigh, do not inject inner thigh), or abdomen (about two inches away from your belly button in any direction).

STEP 03: PREPARE THE MEDICINE

01. Remove vial cap, clean rubber stopper with an alcohol swab, and allow to dry
02. Pick up your syringe and draw in air, up to the correct dose amount (ex: if your dose is 10 units, draw up to the 10).
03. Remove cap, insert needle into rubber stopper top and inject air into the vial. Be gentle, and don't bend the needle.
04. While the needle is still inserted in the vial, gently turn the vial upside down.
05. With the needle in the liquid, pull back the plunger past your prescribed dose. Remove any air bubbles by tapping the syringe. Push the plunger to the prescribed dose and gently withdraw the needle from the vial.

STEP 04: ADMINISTER MEDICINE

01. Immediately administer the medication after drawing correct dose into the syringe. **If not immediately administered, the dose should be discarded.**
02. Clean the injection site with an alcohol swab and allow the area to dry.
03. Pinch the injection site.
04. Insert needle at a direct 90-degree angle.
05. Release pinched skin and slowly inject medicine.
06. Withdraw the needle gently (press an alcohol swab to the site if needed, but do not rub).
07. Dispose of needle and syringe safely in a sharps container.

