

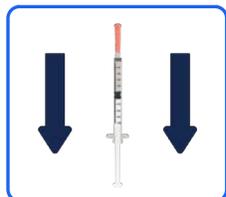
# Injection Instructions

## Prepare Syringe For Injection:

- Remove the vial from the refrigerator/freezer.
- Collect all supplies: syringe/needle, alcohol swab, and vial.
- With first use of a vial, remove the flip top (this will not be replaced).
- Clean the rubber stopper with an alcohol swab.
- View directions provided by the practitioner to determine the number of UNITS you will inject.
- Put air into the syringe by pulling down on the plunger to the amount in UNITS that you will be injecting.
- With the vial upright, put the needle into the rubber stopper and inject air into the vial.
- While the needle is still in the vial, turn the vial upside down and pull back the plunger to the number of UNITS prescribed.



Remove cap & clean rubber stopper w/alcohol swab.



Draw up dose amount in air first to understand quantity.



Put needle in vial and inject air in vial.



While needle is in vial turn it upside down.



Draw out the prescribed amount in units to inject.

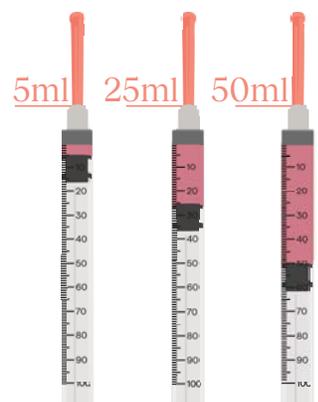
**Turn the vial upright and remove the needle from the vial.**

## Prepare & Choose Injection Site

Choose the injection site. Subcutaneous injections are primarily injected into the abdomen or optionally the upper/outer thigh. Clean the area with an alcohol swab.

## Injection Technique To Follow

1. Hold the syringe one inch above the injection site at a 90 degree angle to the skin.
2. Quickly stab the needle through the skin into the fat tissue.
3. Slowly push down the plunger to inject the medication and remove the needle once medication is fully injected.
4. Place used needle/syringe and any empty drug vials in a hard-plastic container (Sharp's container).



\*Example to show different dose measurements in units.

# Self-Subcutaneous Injection Guide

## Supplies:

- Medication: Verify the type and dosage.
- Syringe and Needle: Ensure proper size for subcutaneous injections.
- Alcohol Wipes: Maintain a sterile injection site.
- Sharps Container: For safe disposal of used needles.

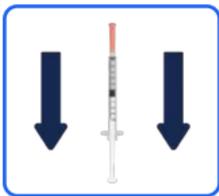
## Preparation:

**Hand Hygiene:** Wash hands thoroughly.

**Medication Check:** Confirm the correct medication and prepare as instructed.



Remove cap & clean rubber stopper w/alcohol swab.



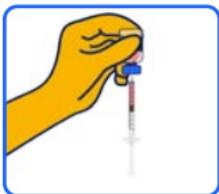
Draw up dose amount in vial first to understand quantity.



Put needle in vial and inject air in vial.



While needle is in vial turn it upside down.



Draw out the prescribed amount in units to inject.

**Turn the vial upright and remove the needle from the vial.**

## Injection Site:

Choose the injection site. Subcutaneous injections are primarily injected into the abdomen or optionally the upper/outer thigh.

## Self-Administering:

**Sterilize the Site:** Use an alcohol swab to clean the chosen area.

**Skin Pinch:** Pinch a fold of skin between thumb and forefinger.

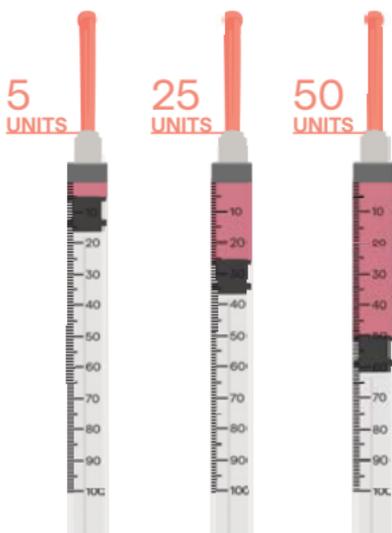
**Needle Insertion:** Insert the needle at a 90 degree angle.

**Needle Removal:** Withdraw the needle gently.

**Dispose of Sharps:** Safely discard used needle and syringe in a sharps container.

## Note:

For personalized guidance or concerns, consult a healthcare professional. Always adhere to prescribed dosage and guidelines for optimal results in self-administration.



\*Example to show different dose measurements in units.