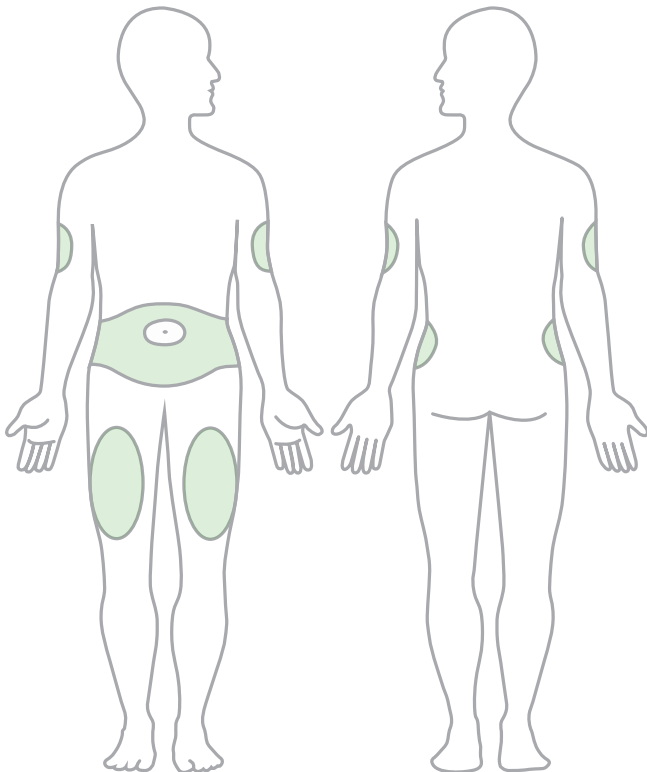


SELF-INJECTING YOUR MEDICATION

Step by Step Guide to Subcutaneous Self-injection



COMMON INJECTION SITES

BEFORE YOU START

A subcutaneous injection is a shot of medication you are able to give yourself just under the skin (into the fatty layer that is between your skin and the muscle).

There are different ways to self-inject medication. This guide will cover prefilled, ready-to-use syringes, as well as single vial medicines that need to be prepared.

Please follow instructions carefully. Talk to your doctor or nurse if you have any questions or concerns.

If your medication is stored in the refrigerator, take it out 30 minutes before injecting to warm it up.

GATHER YOUR SUPPLIES AND PREPARE YOUR WORKSPACE

1. Find a comfortable and clean working area.
2. Clean your work space with alcohol.
3. Wash your hands with soap. Dry hands.
4. Lay out your supplies on a clean, dry surface.
5. Check the expiration date.
6. Check the medicine for changes in color and cloudiness.

Supplies you will need:

- Syringe and needle
- Alcohol wipes
- Puncture proof container for proper disposal of needle and syringe

SELECT AND PREPARE THE INJECTION SITE

- Subcutaneous injections can be given in the upper arm, the top of the thigh or the abdomen, two inches away from belly button.
- Choose a smooth area of skin, away from burns, scars and old injection sites.
- Clean the injection site with an alcohol swab. Use circular motions. Let dry.
- Switch injection sites each time you inject to avoid soreness on one side. Switching sites also helps your body absorb the medicine better.

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PREFILLED SYRINGE

This is a ready-to-use, prefilled dose of medication. There is no need to prepare it.

1. Check the label for correct medication.
2. Take the needle cap off. Do not touch the needle.
3. Gently pinch a fold of skin at the injection site and hold it.
4. Put the needle straight into the skin (90-degree angle).
5. Put the needle in as far as it will go. You can inject the needle at a 45-degree angle for small adults or children with little fat.
6. When the needle is in, you can let go of your skin. Pull back on the plunger slightly, if blood appears, do not inject. Pull out syringe and inject in a different place.
7. Slowly push the plunger all the way down to inject all of the medicine.
8. Remove the needle.
9. Press the alcohol wipe and apply pressure for 10 seconds. Do not rub the area.

SINGLE DOSE VIAL

This medicine comes in a single dose vial. It requires preparation.

PREPARING THE MEDICINE

1. Take the cap off of the medication vial or bottle.
2. Wipe the rubber stopper with a new alcohol wipe.
3. Take the syringe out of the package.
4. Take the cap off the needle.
5. Pull back on the plunger to draw air into the syringe. The amount of air should be the same as the amount of medicine your doctor prescribed.
6. Push the needle into the rubber stopper. Push the plunger so the air goes into the vial.
7. Keep the needle in the stopper and turn the vial upside down.
8. Keep the tip of the needle in the liquid and pull back on the plunger. The medicine will flow into the syringe.
9. Pull back the plunger to fill the syringe to your prescribed dose amount.
10. Check for air bubbles in the syringe. If you see air bubbles, gently tap the syringe while the needle is still in the stopper. The air bubble will move to the top of the syringe. Push the plunger slightly and the air will go back into the vial.
11. Pull the needle out of the vial.

INJECTING THE MEDICINE

1. You are ready to inject the medicine.
2. Gently pinch a fold of skin at the injection site and hold it.
3. Put the needle straight into the skin (90-degree angle).
4. Put the needle in as far as it will go. You can inject the needle at a 45-degree angle for small adults or children with little fat.
5. When the needle is in, you can let go of your skin. Pull back on the plunger slightly, if blood appears, do not inject. Pull out syringe and inject in a different place.
6. Slowly push the plunger all the way down to inject all of the medicine.
7. Remove the needle.
8. Press the alcohol wipe and apply pressure for 10 seconds. Do not rub the area.
9. Wash your hands.

Call your doctor or nurse if you get redness, swelling or pain, or if feels hard over the places where you injected yourself.

AFTER THE INJECTION: DISPOSE SYRINGE SAFELY

1. Place the syringe and needle into a sharps container. (Ask your pharmacist for a sharps disposal container.)
2. When your needle container is full, take it to your pharmacy for proper disposal.
3. Put the disposal container out of reach of children.
4. Do not reuse needles.

REMEMBER:

- *Never reuse needles or recap needles on a syringe.*
- *Never flush loose needles and syringes down the toilet.*
- *Never place loose needles and syringes in recycling bins/containers.*
- *Never throw loose needles and syringes in the garbage.*