

Before Getting Started

Make sure to acquaint yourself with all the medication and supplies you've been given training or reference materials to help you administer your medication correctly. If you haven't received instructions on how to use your medication, we have provided a step-by-step guide and a video link below to assist you. This resource will help you navigate the process effectively.

YOUR GUIDE TO SELF-INJECTING MEDICATIONS

Subcutaneous Injections

What is an subcutaneous injection?

Subcutaneous injections (also known as SQ or SubQ) target the fatty tissue just beneath the skin, offering a convenient and effective way to administer medications. Common injection sites include the abdomen, upper thigh, and upper arm.



01

Gather your medication and supplies

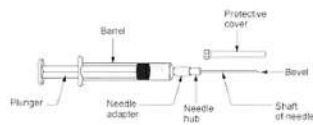
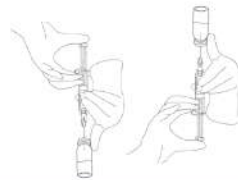
Assemble your medication, syringes, needles, alcohol wipes, and a sharps container or a puncture proof container (like a plastic milk bottle). If your medication is in powder form, you'll need a mixing syringe/needle and the appropriate diluent.

02

Needle and Syringe Essentials

For subcutaneous injections, an insulin syringe marked in units is used. Unit marks on the insulin syringe barrel facilitate precise measurement of tiny amounts of liquids, ideal for medications such as insulin that require accurate dosing.

- Attached to your insulin syringe is a small needle. Figure 2.
- Needle Gauge: The needle thickness is measured in gauge, varying by preference and/or body fat percentage. A higher gauge indicates a thinner needle for enhanced comfort during injection.
- Needle length: The needle's length, measured in inches, may vary based on preference and/or body fat percentage.
- Example: 30 gauge, 1/2" needle.



03

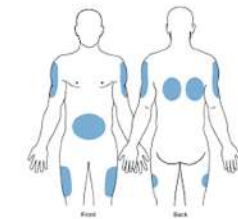
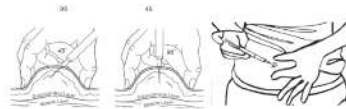
Prepare Your Injection Site

1. Wash your hands thoroughly.
2. Select an injection site (abdomen, upper thigh, upper arm). Figure 4
3. Clean the chosen site with an alcohol wipe.

04

Medication Preparation

1. Ensure your medication reaches room temperature if refrigerated to minimize discomfort.
2. Verify the correct medication and check the expiration date. If your medication is in powder form (lyophilized), you'll need a mixing syringe/needle and the provided diluent.
3. Confirm dosing instructions on the prescription label.



05

Drawing Medication from the Vial

1. Flip-off vial cap and expose the grey rubber stopper.
2. Wipe Top of vial with alcohol pad.
3. Insert the needle into the rubber stopper at a 90-degree angle then turn the vial upside down. Figure 3
4. Gently pull back on the syringe plunger to draw the prescribed amount. Tap the syringe gently to remove air bubbles.
5. Adjust the volume as needed to the prescribed dose.
6. Inspect your syringe for accuracy.

06

Administer the Injection

1. Flush the area of the skin where you'll be administering the shot.
2. Push the needle into the pinched skin either straight up and down, at a 90-degree angle, or at a slight 45-degree angle. Figure 4
3. Once the needle is in, let go of the skin.
4. Push plunger slowly to inject the medication.
5. Upon completion, remove the needle, apply pressure, and massage the area to disperse the medication.



07

Clean Up

1. Wash hands.
2. Follow the specific storage instructions provided on your vial label for any unused medication. Figure 5
3. Dispose of used needles in a sharps container. Figure 7

Prescription	
Rx	Name _____
	Age _____ Date _____
_____ (Signature)	

When to seek medical attention

- If there is evidence of an allergic reaction including having trouble breathing, a body rash, or swelling of the face or throat.
- Local irritation, redness, slight burning, and hard bumps over the shot area may be normal. Oil based injections may remain in the injection site for a few days. Contact your physician if it worsens.