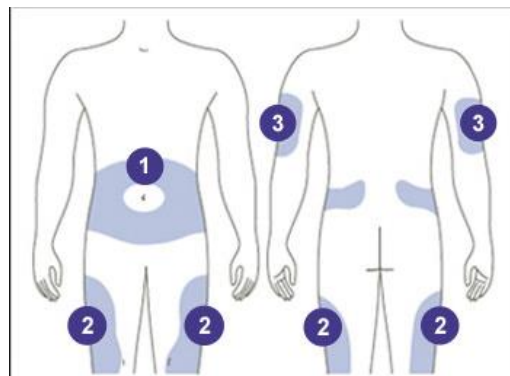


# Instructions for Self-Administered Subcutaneous Injection

Preparing to give the medication:

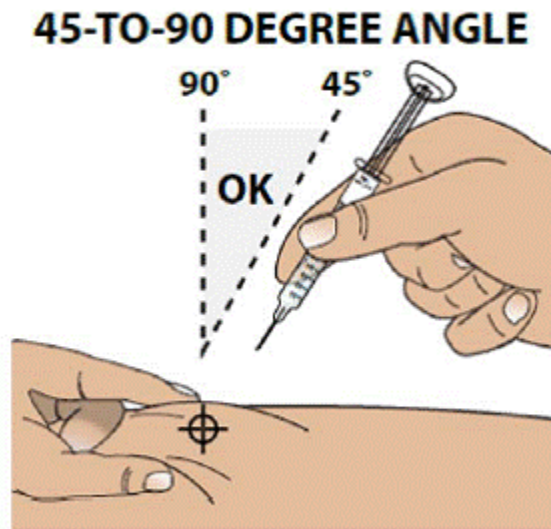
Do not give the injection in an area where the skin is burned, hardened, inflamed, swollen, or damaged by a previous injection.

1. **Wash your hands thoroughly.**
2. **Gather your supplies.**
  - 2 needles – one 18g to draw up the medication, one 25g to inject
  - 1cc or 3cc syringe
  - Alcohol pad
  - Gauze pad
  - Container for syringe disposal
3. **Draw up the medication.**
  - a. Wipe off the rubber top of the vial with alcohol.
  - b. Attach the 18g needle to the syringe to draw the medication out of the bottle.
  - c. With the needle still capped pull back on the plunger, filling the syringe with air equal to the amount of medication you will be giving yourself.
  - d. With the vial in an up-right position, push the needle through the cleansed rubber stopper at a 90 degree angle, being careful not to bend the needle.
  - e. Inject the air from the syringe into the vial.
  - f. Turn the vial upside down with the needle remaining in the vial. The needle will be pointing upward.
  - g. Make sure the tip of the needle inside the vial is covered with the medication. This will make it easier to withdraw the medication.
  - h. Pull back on the plunger of the syringe to fill the syringe with the prescribed dose of medication.
  - i. Keeping the vial upside down and the needle inside it, flick or tap the syringe with your finger to get any air bubbles to the top of the syringe.
  - j. Gently push the air bubbles back into the vial and draw out more medication if necessary. Repeat steps i and j until the correct dosing of medication is in the vial with no air bubbles present.
  - k. Turn the vial upright again and remove the needle from the stopper. Re-cap the needle.
  - l. Remove the 18g needle and dispose of it in the sharps container.
  - m. Attach the 25g needle to the syringe.
4. **Identify your injection site** (it is important to rotate injection sites to keep the skin healthy).



5. **Cleanse the injection site** with alcohol and allow to briefly air dry.
6. **Give the injection.**
  - a. Hold the syringe like a pencil or dart.

- b. Grasp the skin around the cleansed injection site with your thumb and index finger and pinch it up.
- c. Quickly inject the needle into the skin at a 45-90 degree angle.
- d. Push down on the plunger until all of the medication has been injected.
- e. Remove the needle, gently press gauze onto the insertion site and hold light pressure for a 20-30 seconds.



7. **Dispose of the needle and syringe together in the sharps container.**

Medication and dosage:

You will inject \_\_\_\_\_ of \_\_\_\_\_ every \_\_\_\_\_.

If you have any questions about giving yourself an injection please call SHWC at 410-516-8270 to speak with a nurse.