

## Instructions for Self-Administered Subcutaneous Injection

\*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.

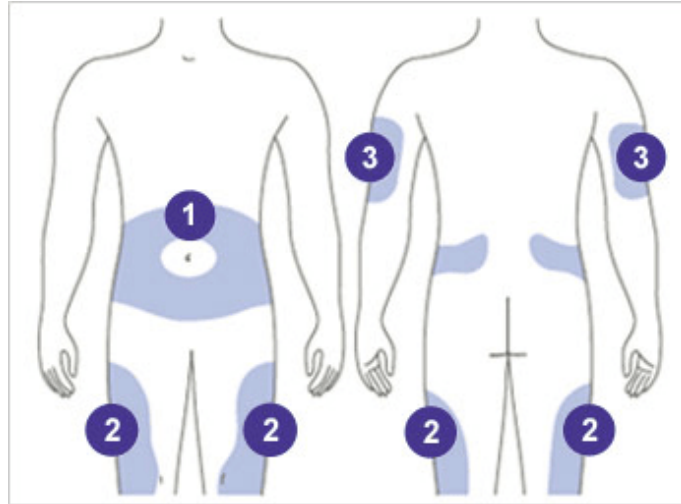
### 2. Gather your supplies.

- Insulin Syringe or 3cc syringe
- 2 needles – one 18g to draw up the medication, one 30g to inject (for men)
- Alcohol 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 (for men) or use an Insulin Syringe (for women) 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 (for men).
- m. Attach the 30g needle to the syringe (for men)

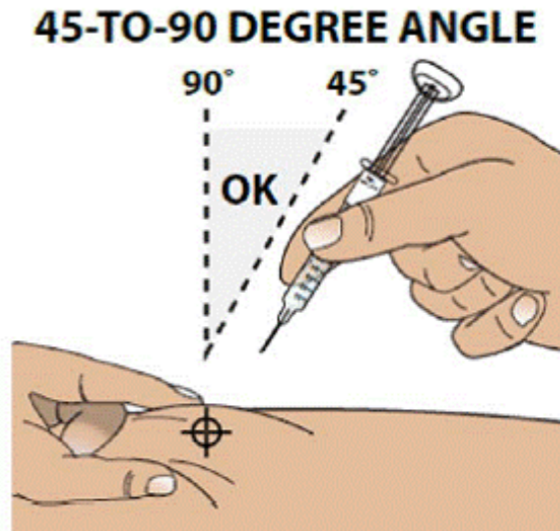
4. **Identify your injection site** (it is important to rotate injection sites to keep the skin healthy)



5. **Cleanse the injection site with alcohol and allow to briefly air dry.**

6. **Give the injection.**

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



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