

Subcutaneous Injection Instructions

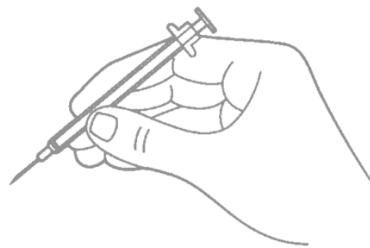
THE CORRECT ANGLES AND WAYS TO HOLD THE SYRINGE

A subcutaneous (SQ) injection is given in the fatty layer of tissue just under the skin. Syringes for subcutaneous injections will use smaller needles than those used for injections into a muscle.

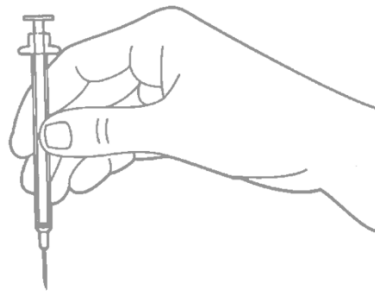
Before you begin, have your tools ready. You will need an alcohol swab, your prefilled syringe, and clean hands (and gloves if you are injecting someone else).

Subcutaneous shots can be given straight in at a 90-degree angle or at a 45-degree angle. You can give the shot at a 90-degree angle if 2 inches of skin can be grasped between your thumb and first (index) finger. If only 1 inch of skin can be grasped, give the shot at a 45-degree angle.

Our nurse will demonstrate this technique with you the first time.



45-degree angle



90-degree angle

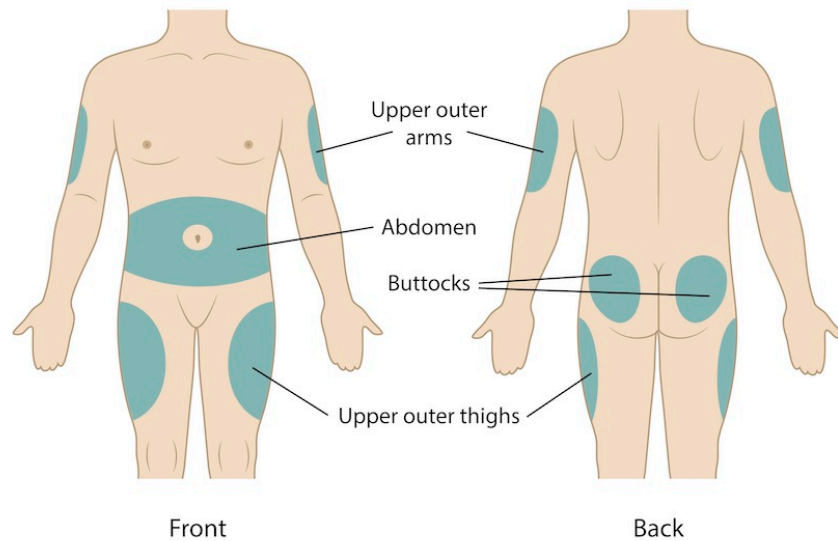
WHERE TO GIVE A SUBCUTANEOUS INJECTION

There are many sites on the body that are safe to give subcutaneous shots:

Upper Arm: This site is best for people who want someone else to give the injection. Uncover the arm to see the whole arm. Have the person receiving the shot stand with the hand on the hip. Stand next to and a little behind the exposed arm. Find the area midway up the arm where it feels the thickest. Gently pinch the back of the arm between your thumb and first two fingers, you should have about 1-2 inches of skin.

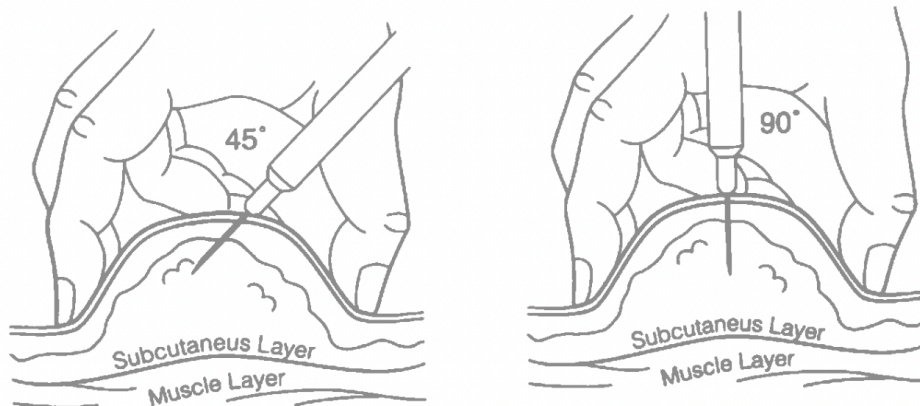
Abdomen/ Flank: Uncover the belly to see the whole area. Find the waistline. You can give a shot anywhere below the waist where there is enough tissue to pinch. Try to stay about 2 inches away from the belly button. Pick a site that you can reach and see well. Pinch the skin and administer the injection at 45° or 90° depending on how much tissue you're able to grasp.

Thigh: Uncover the thigh. Find the thickest part of the thigh muscle along the front or side. Gently pinch the skin. Again, depending on how much tissue you can grasp, insert the needle at 45 degrees or 90 degrees.



STEPS FOR INJECTING

Before giving an injection, decide where you want to inject. Next, clean the skin with an alcohol swab. Hold the syringe with your writing hand and carefully remove the cap with your other hand, lay the cap to the side in a place easily accessible for recapping. Pinch the skin with your other hand. Insert the needle quickly but gently into the skin without hesitation. A rapid insertion will sting less. With the needle under the skin, push the syringe plunger all the way down with your thumb at a steady rate. There should be no medication left in the syringe before withdrawing the needle. This is how you know you have received the full dosage of medication.



Withdraw the needle in the same angle you entered the skin. If you see a spot of blood, you can hold pressure with your alcohol swab or a cotton ball for 5-10 seconds. Holding the used syringe away from you, carefully scoop the cap of the needle back on to the end of the needle and push the cap into place. Dispose of the needle into a sharps container or used plastic container with a lid. If you do not have a sharps container, put the used capped syringes back in the travel box that was sent home with you and bring them back for us to discard on your next visit.