

# Giving a Subcutaneous Injection

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**Introduction:**

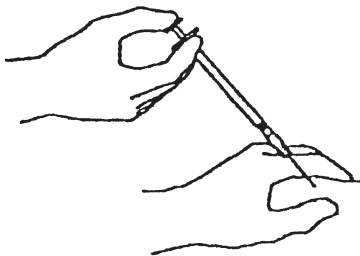
Your doctor will be sending you home with the drug, \_\_\_\_\_.  
It will be injected into your skin. This is called a subcutaneous injection.

**Equipment:**

You will need the drug, alcohol swabs, a syringe and a needle. Your nurse will show you which syringe you will be using. Syringes can be purchased at your local pharmacy.

**Procedure:**

1. Locate your site of injection. You may use the back of the arms, upper thighs, or the abdomen. Avoid the navel and waist. (See pictures on Page 2.)
2. Cleanse the area of skin with an alcohol swab.
3. Gently pinch up the skin surrounding the site of injection and hold it firmly.
4. Insert the needle at a 45°–90° angle.
5. Once the needle is in the site, release the grasp on the skin.
6. Inject the drug slowly until all the medication is gone from the syringe.

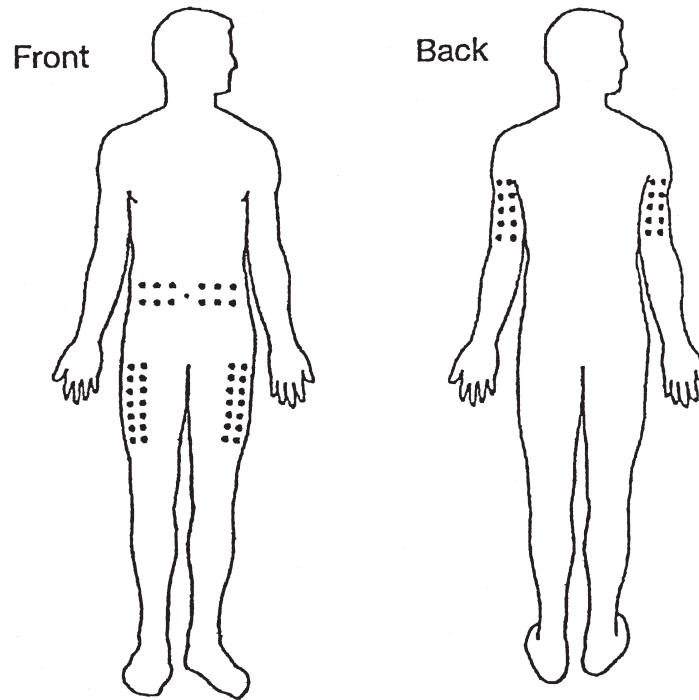


7. Withdraw the needle.
8. Do not rub the area. Do not replace the needle cover.
9. Place the syringe into a puncture-proof disposable container.
10. Return the container when it is  $\frac{3}{4}$  full.

*This information has been reviewed and recommended for use by the UAMS/CPED/Patient Education Advisory Committee.*

**Other Information:**

Be sure to rotate your injection site using the pictures provided:



**Call your doctor or nurse if you have any problems.**

Notes: \_\_\_\_\_

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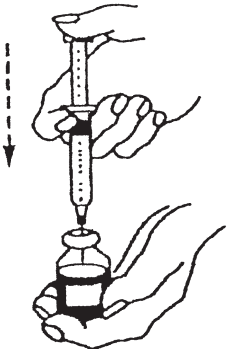
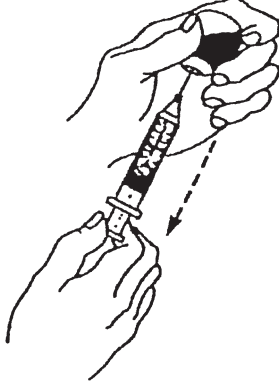
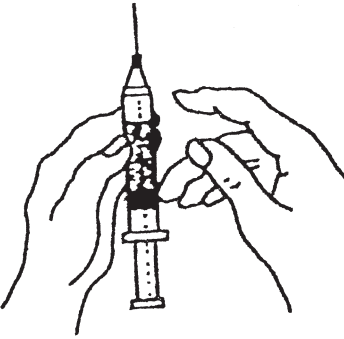
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## Drawing Up Your Medication:

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|---|---|
| <p>1. Inject air into the vial.</p>   |  A line drawing showing a hand holding a syringe with the needle inserted into the stopper of a vial. A dashed arrow points downwards from the syringe, indicating the direction of air injection.                                      |
| <p>2. Turn the vial upside down and withdraw the medication. The tip of the needle should remain in the fluid to avoid getting air into the syringe.</p>  |  A line drawing showing a hand holding a vial upside down. The other hand is pulling the plunger of a syringe to draw medication from the vial. A dashed arrow points downwards from the vial, indicating the direction of fluid flow. |
| <p>3. Remove air or bubbles from the syringe by:</p> <ul style="list-style-type: none"><li>■ Gently tapping the barrel of the syringe so that air bubbles float to the top.</li><li>■ Push the plunger until all air is removed from the syringe.</li><li>■ Now refill the syringe to the correct dosage of medication.</li></ul> |  A line drawing showing a hand holding a syringe vertically. The other hand is tapping the side of the syringe barrel to move air bubbles to the top. The plunger is pushed up to the top of the barrel.                              |

For further instructions or questions, please contact \_\_\_\_\_

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