

How to Self-Inject Subcutaneously

SET UP YOUR MEDICATION:

1. Locate a clean flat surface—perhaps a bathroom or kitchen counter or table
2. Gather supplies:
 - _____gauge (thinner) needle to inject
 - Syringe with __gauge (thicker) needle attached to draw up medication
 - 2 alcohol swabs
 - 1 - 2x2 gauze pad
 - Medication vial - may come in Single dose vial (SDV) or Multi dose vial (MDV)
3. Wash hands with soap and water for 15-20 seconds. Dry hands with a clean towel.
4. Open syringe, needles and leave in packages to keep clean
5. If using MDVs, remove the cap and clean top of medication vial with an alcohol swab by rubbing for 15 seconds or make 3 firm swipes and allow to air dry. SDVs do not need cleaning after cap is removed if not touched
6. Pick up syringe with the needle attached and pull back on plunger to the line that represents your dose. The top of the black stopper on the plunger should be touching the line of your prescribed dose (**example dose:** 0.5 mL)
7. Remove cap from needle and syringe and inject it into the vial and then push the air into the vial
8. Without removing the needle and syringe from the vial, turn the vial completely upside down
9. Pull plunger down until medication is at your dose line. It is important to check for air bubbles. If air bubbles are present, hold the syringe upwards and gently tap the sides to force any air bubbles to the top. Push the plunger slowly until all the air is out. Make sure the top of the black stopper on the plunger is at the line associated with your dose
10. Remove needle and syringe from the vial and pull the plunger down to empty the needle so that you will not waste any of your medication
11. Remove the thicker needle from the syringe by gently twisting and pulling. Discard the needle appropriately
12. Place a thinner needle onto the syringe and remove needle cap
13. With the new needle facing up, push up on plunger until medication appears at the tip of the needle and the top of the black stopper is at your dose line
14. Place syringe with new needle on the package to keep it clean. Do not let the needle touch any surface



STEP 2: ADMINISTER THE INJECTION

1. Choose a location for your injection. Body sites include:

- Upper outer surface of the arm
- Top of thighs
- Buttocks
- Abdomen, except navel or waistline

Tip: Alternate body sites each time you give an injection. Keep a written record so you can recall when and where you injected last.

For example:

Jan 1 LT buttock

Jan 15 RT buttock

2. Clean the injection site with a new alcohol swab starting at the intended puncture site and working your way outward in a circular motion. Let the alcohol dry
3. Pinch a 2 inch fold of skin between your thumb and index finger
4. Hold the syringe with needle on the barrel like a pencil **without** finger or thumb on plunger
5. Insert the needle at a 45 to 90 degree angle into the pinched up skin using a quick motion. The needle should be completely covered by skin
6. Hold the syringe with one hand. With the other, pull back the plunger to check for blood. **If you see blood in the syringe, do not inject.** Withdraw the needle and start again at a new site
If you do not see blood, slowly push the plunger all the way down to inject the medication
7. Hold in place for a few seconds so the medication can disperse
8. Remove needle carefully
9. Apply pressure to the injection site with gauze. If there is bleeding, apply a band-aid

STEP 3: DISPOSE OF USED NEEDLES/SYRINGES

1. It is your responsibility to safely dispose of ALL used needles and syringes in a puncture-resistant container like an empty detergent bottle or Sharps container
2. When the puncture-resistant or Sharps container is 2/3 full, securely tape the lid shut
3. Dispose of all filled puncture-resistant and Sharps containers in designated areas. Do NOT recycle.

Remember to NEVER:

- Reuse needles or recap needles on a syringe
- Throw loose needles/syringes in the garbage
- Flush loose needles/syringes down the toilet

