THE WELLNESS PLAYBOOK

SubQ Injection Instructions

1. Where Can I Administer a Subcutaneous Injection?

Upper Arm

Uncover the arm to the shoulder to see the whole arm. Have the person receiving the shot stand with hand on hip. Stand next to and a little behind the person. Find the area in the middle part of the arm, halfway between the elbow and shoulder. Gently grasp the skin at the back of the arm between your thumb and first 2 fingers to make sure you can pinch 1–2 inches of skin.

Abdomen

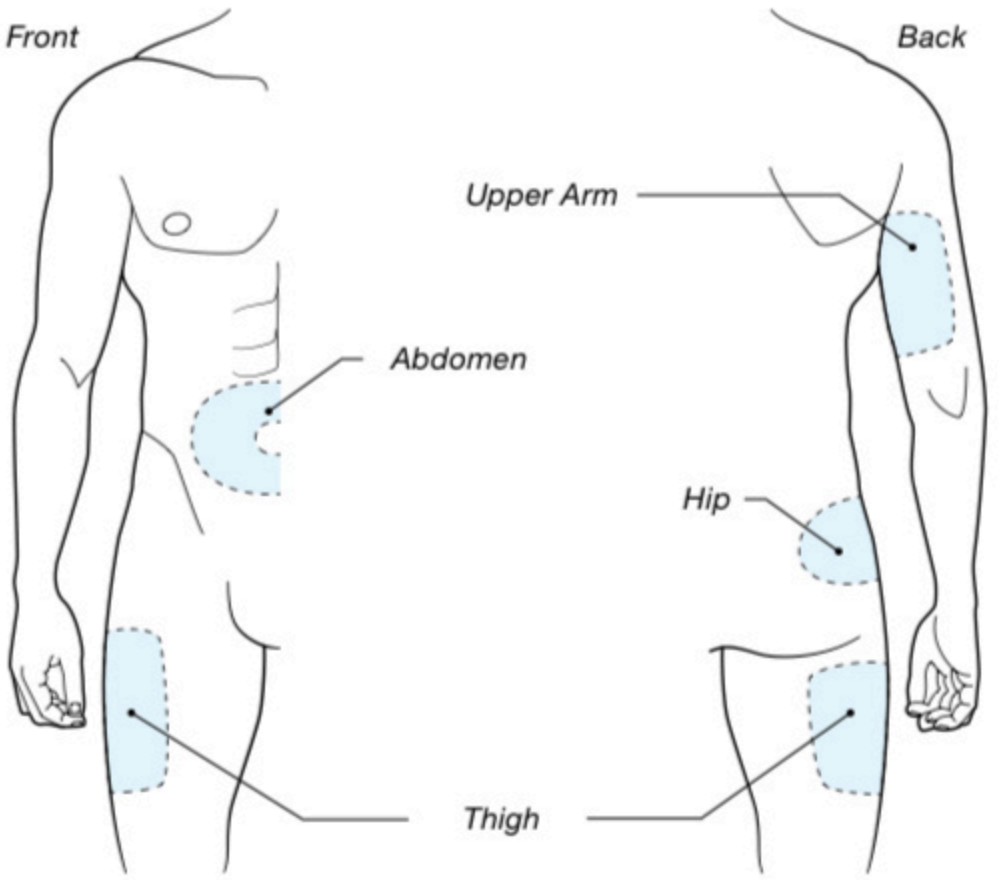
Uncover the abdomen to see the whole area. Find the waist area. You may give a shot bounded by these landmarks: below the waist, to just above the hip bone, and from where the body curves at the side to about 2 inches from the middle of the abdomen. Avoid the surrounding area 2 inches from the belly button. Gently grasp the area to make sure you can pinch 1-2 inches of skin.

Thigh

Uncover the entire leg. Find the area between the knee and hip. The middle of the thigh, from mid-front to mid-side, on the outside part of the thigh is a safe site. Gently grasp the area to make sure you can pinch 1–2 inches of skin.

Hip

Uncover the side of the hip to see the upper outer quadrant. Stand or lie in a comfortable position that allows easy access to the injection site. Find a soft, fatty area on the outer hip. Gently grasp the area to make sure you can pinch 1-2 inches of skin.



Sites on the body where subcutaneous injections can be given.

Rotate where you give injections. Scar tissue can accumulate and negatively affect the potency of the medication if you give an injection in the same place every day or even every week.

2. How Do I Properly Measure Dosage on a Syringe?

Carefully read prescription instructions with the appropriate dosage volume for your injection. Your prescription may be listed in milliliters (mL), units, or both.

Insulin Syringes

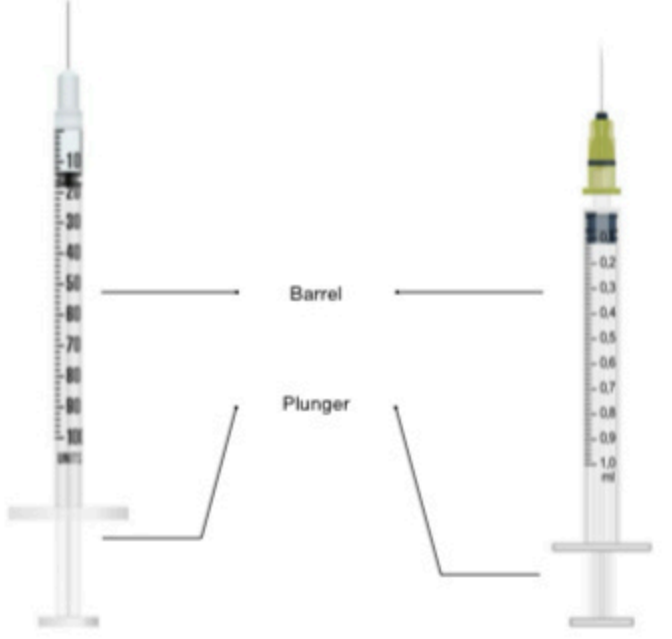
The syringe depicted in image (a) holds a total of 1 mL or 100 units.

Luer-lock Syringes

The syringe depicted in image (b) holds a total of 1 mL.

Example unit to mL conversion chart

Units markings	5	10	15	20	25	30	35
Volume in mL	0.05	0.1	0.15	0.2	0.25	0.3	0.35



(a) Insulin Syringe

(b) Luer-Lock Syringe

3. How Do I Inject Medication Into Subcutaneous Tissue?

Please read the section all the way through before giving the shot. It is important to get a general idea of what you are about to do before you begin. You may read this step-by-step procedure again as you do it.

1. Wash your hands thoroughly with soap and dry them completely.

2. Open the foil covering the alcohol wipe.

3. Wipe the area where you plan to give the shot. Let the area dry.

4. Take the cover off the needle. Hold the syringe with your writing hand and pull the cover off with your other hand, like taking a cap off of a pen.

5. If you give the shot at a 45-degree angle, hold the syringe with your writing hand. Place the syringe between your thumb and your index and second fingers. The bevel of the needle should be pointing upwards at the 45-degree angle you plan to use.

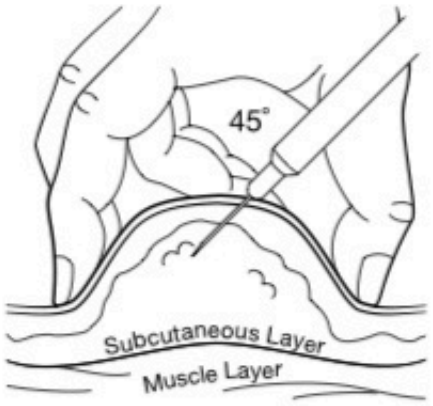
6. If you give the shot at a 90-degree angle, hold the syringe with your writing hand. Hold the syringe under your thumb and first finger. Let the barrel of the syringe rest on your second finger. (Many people hold a pen this way when they write).

7. Grasp the skin with the hand not holding the syringe. Holding the syringe barrel tightly with your writing hand, use your wrist to insert the needle through the skin. Sometimes the needle goes in easily. Some people have tougher skin and a little more pressure or quickness will be required.

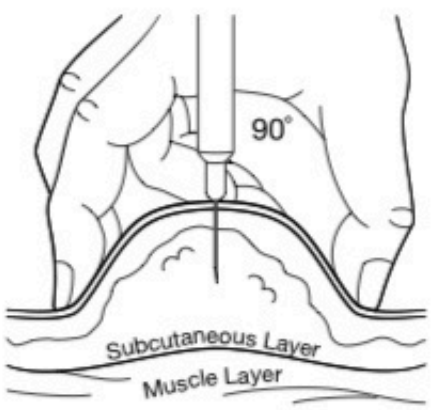
8. Once the needle is all the way in, push the plunger down slowly to inject the syringe's contents.

9. Remove the needle at the same angle you put it in.

10. Dispose of the syringe and needle in a Sharps Container.



45-degree angle shot



90-degree angle shot

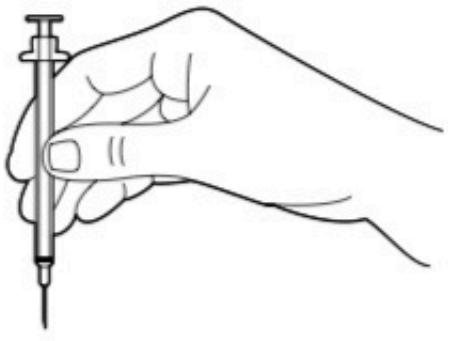
4. The Correct Angles and Ways To Hold the Syringe

A subcutaneous 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. The typical Insulin or TB syringes will have ½ inch or less needle length because it only needs to go slightly below the skin level. Only certain types of injections can be given through this route.

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.



45-degree angle



90-degree angle

5. How Can I Dispose of Used Syringes and Needles?

You can purchase a sharps container, which is a hard-plastic container made especially for used syringes and needles, at your local pharmacy. If you did not purchase this container with your medication, you can use a hard-plastic container with a screw-on top, such as a clothing softener or hard-plastic detergent bottle. Make sure you can easily put both the syringe and the needle into the container.

Whatever container you choose, make sure that the needles cannot break through the sides, bottom or top.

Call your primary care physician or your local pharmacy to find out what your state or local requirements are for disposing of used syringes and needles.

For more information about how to properly dispose of sharps, ask your medical provider or local pharmacy for details. More information is available at safeneedledisposal.org.







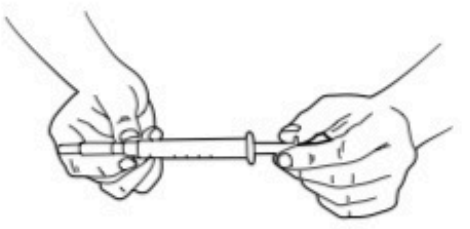
1

Wash hands thoroughly and assemble the necessary supplies on a clean surface.



2

Remove the plastic caps from the vials containing the Freeze Dried Medication and Bacteriostatic Water. Wipe the tops of the vials with alcohol pads and let dry.



3

Using the provided mixing syringe, TIGHTEN THE NEEDLE TO THE HUB then pull back the plunger to the volume to be reconstituted.



4

Insert the needle into the Bacteriostatic Water and push the plunger in.



5

Draw out the amount of Bacteriostatic Water directed on your prescription by slowly pulling the plunger back.



6

Remove the needle from the Bacteriostatic Water vial and insert it into the vial containing the Freeze Dried Medication.



7

Slowly push in the plunger to transfer the Bacteriostatic Water within the syringe into the vial containing the Freeze Dried Medication.



8

Draw out the same volume of air that was injected from the vial containing the Freeze Dried Medication before removing the needle. This will keep the pressure equal within the vial.



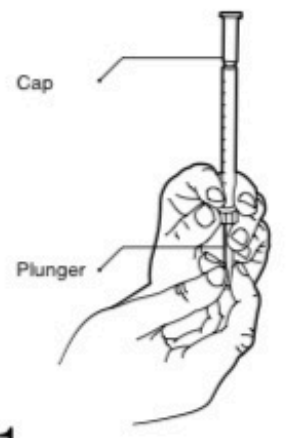
9

Swirl the vial until the solution is clear.



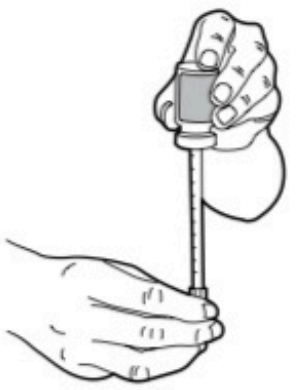
10

Please note that prior to inserting the syringe into the vial you should first wipe the top of the vial with an alcohol pad.



11

Obtain a new injection syringe. Bring air into the syringe by pulling back the plunger to the amount of volume to be injected then remove the cap from the syringe.



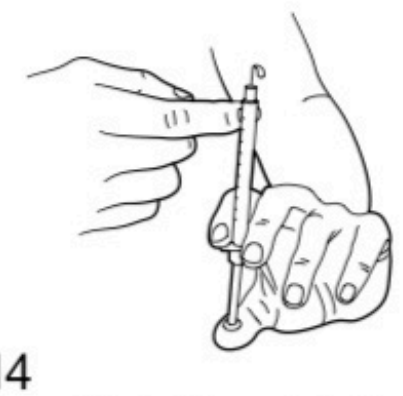
12

Insert the needle into the vial containing the Medication. Push the plunger in and turn the syringe with the vial upside down. Pull back the plunger to transfer the desired amount of liquid into the syringe.



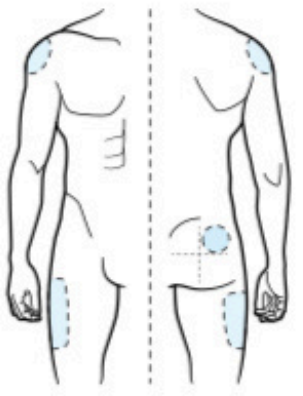
13

Remove the needle from the vial containing the Medication then point the needle up and gently tap on the syringe until all bubbles rise to the top.



14

To expell air bubbles contained within the syringe slowly push the plunger until a small drop forms on the tip of the needle.



15

Choose an injection site recommended by your physician.



16

Discard the syringe and any other supplies containing needles into the needle disposal container.