



HOW TO ADMINISTER A SUBCUTANEOUS INJECTION

Important Note:

Always prioritize safety when administering injections at home. Ideally, injections should be given by a healthcare professional. Self-injection should only be done under the supervision and guidance of your healthcare provider. Follow all instructions provided by your licensed medical professional.

A Step-by-Step Guide to Self-Injecting Subcutaneous Medications

This guide outlines the proper technique for safely administering subcutaneous injections at home. It includes preparation steps, syringe handling tips, and injection site care to help ensure safe and effective self-administration.

Getting Ready

1. Wash your hands thoroughly with soap and warm water.
2. Gather your supplies. You'll typically need:
 - Your medication vial
 - A new syringe and needle
 - Alcohol pads
3. Choose your injection site. Common subcutaneous sites include:
 - Abdomen (avoid a 2-inch radius around the belly button)
 - Thigh
 - Upper arm
4. Clean the selected site with an alcohol pad and allow it to air dry.

Preparing the Syringe

1. Remove the cap from the medication vial.
2. Wipe the rubber stopper with a clean alcohol pad.
3. Draw air into the syringe equal to the volume you plan to inject.
4. Insert the needle into the vial and inject the air to equalize pressure.
5. Invert the vial and draw the prescribed amount of medication into the syringe.
6. Remove air bubbles by gently tapping the syringe and pushing the plunger slightly to release the bubbles.

Administering the Injection

1. Pinch the skin at your selected injection site.
2. Hold the syringe like a dart and insert the needle at a 45–90° angle.
3. Release the pinched skin and slowly push the plunger to inject the medication.
4. Remove the needle and dispose of it immediately in a sharps container.

Never reuse or share needles.

Aftercare

1. Apply a bandage to the injection site if necessary.
2. Monitor for adverse reactions such as nausea, dizziness, rapid heartbeat, or shortness of breath.
3. If any concerning symptoms occur, contact your healthcare provider or seek medical attention promptly.