

Giving a subcutaneous injection.

1. Wash your hands.

Wash your hands with soap and lukewarm water to prevent potential infection. Be sure to thoroughly scrub between fingers, on the backs of hands, and under fingernails. Lather for 20 seconds — the time it takes to sing “Happy Birthday” twice.

2. Choose and Prepare an injection site.

Select your injection site. This must be an area that has a layer of fat between the skin and the muscle. Usually the top of the thigh or abdomen.

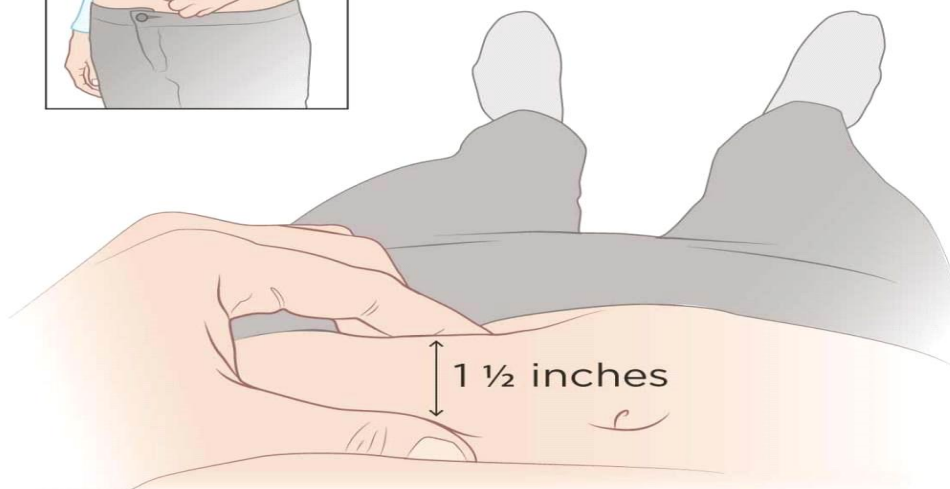
Pick somewhere with no bruising, burns, swelling, hardness, or irritation in the area.

Alternate injection sites to prevent damage to an area with repeated injections.

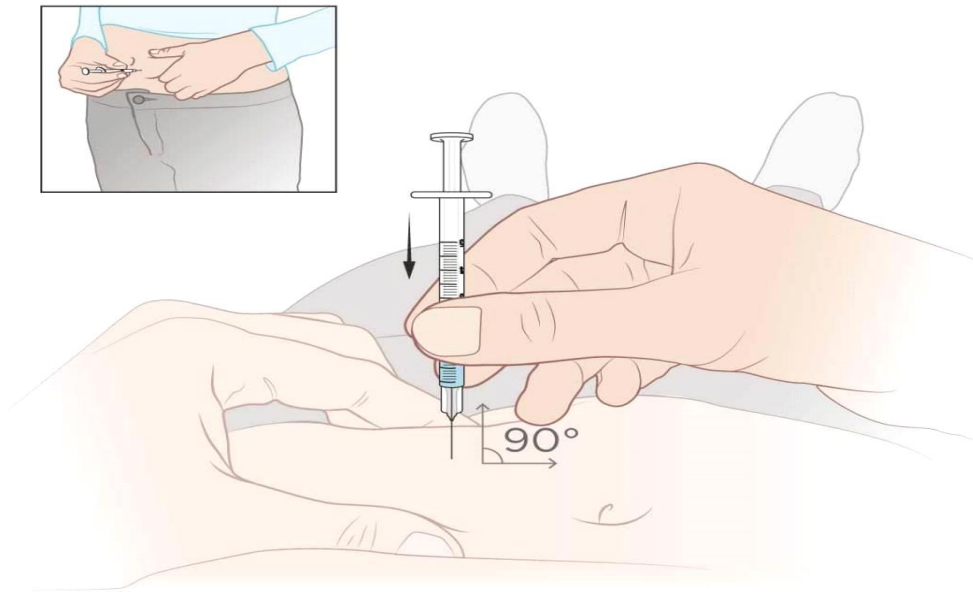
Then **clean the skin** with an alcohol swab. Let the alcohol dry thoroughly before doing the injection.

3. Inject the medication.

Pinch your skin. Take a big pinch of skin between your thumb and index finger and hold it. (Your thumb and forefinger should be about an inch and a half apart.) This pulls the fatty tissue away from the muscle and makes the injection easier.



Inject the needle. Inject the needle into the pinched skin at a 90-degree angle. You should do this quickly, but without great force.



Insert the medication. Slowly push the plunger to inject the medication. You should inject the entire amount of medication. Keep pushing on the plunger until the clicking stops.

Withdraw the needle. Let go of the pinched skin and withdraw the needle. Discard the used needle in a puncture-resistant sharp's container.

4. Apply pressure to the site.

If there's any bleeding, it should be very minor. You may notice a little bruising later. This is common and nothing to be concerned about.