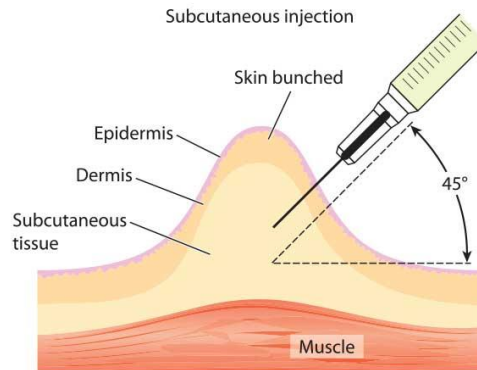




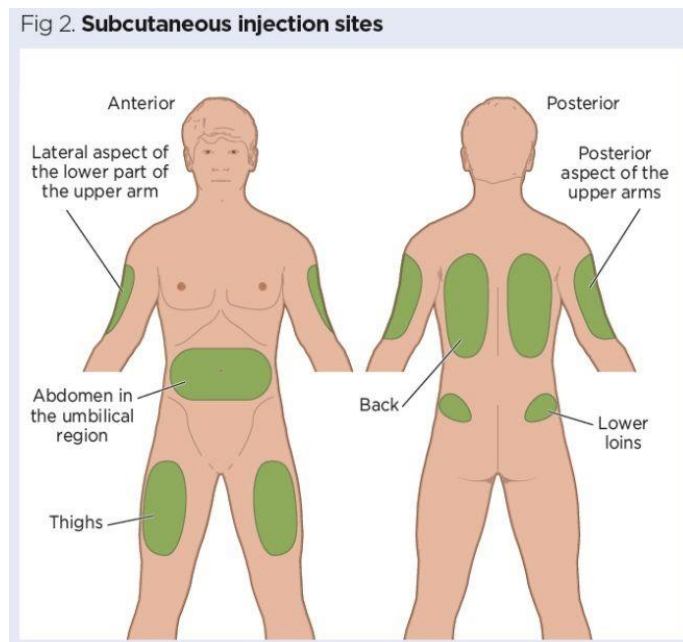
Miami Beach
**COMPREHENSIVE
WELLNESS CENTER**

Giving a Subcutaneous Injection

- What is a subcutaneous injection?
 - A method of giving a medication in the fatty layer of tissue just under the skin



- Preparing to Give Medication by Syringe:
 - Avoid areas where skin is burned, scarred, hardened, inflamed, swollen or damaged by a previous injection
 - Wash your hands thoroughly. This is the best way to prevent infection.
 - Assemble your equipment
- Locating Injection Sites:
 - Subcutaneous injections can be given in the arms, legs, abdomen, gluteus or thighs. Use the areas demonstrated in the picture:



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- Rotating Injection Sites:
 - It is important to rotate sites to keep the skin healthy. Repeated injections in the same spot can cause hardening of fatty tissue that will interfere with uptake of the medication. Each injection should be about 1 inch apart.
- Giving the injection:
 - Wash your hands.
 - Assemble the equipment.
 - Draw up the medication into the syringe, following the prescribed volume.
 - Clean the exposed top of the vial with an alcohol wipe
 - Check to make sure that you are giving the correct amount of medication.
 - Check the expiration date. Do not inject expired medication.
 - Take the cap off the needle.
 - With the vial in an upright position, push the needle through the cleansed center of the top of the vial, being careful not to bend the needle.
 - Pull back the plunger to fill the syringe with the correct dose of medication.
 - If you see a lot of air in the syringe, push the plunger and put the medication back in the vial. Tap the vial so that all of the liquid is at the base. Try again.
 - Point the needle straight upwards and tap on the syringe to move any bubbles at the top. Once the bubbles are at the top, push on the plunger to force the bubbles out of the top of the syringe.
 - Cleanse your skin with alcohol at the selected injection site. Start in the center of the injection site and spiral out.
 - Take the cover off the needle, taking care not to contaminate the needle.
 - Quickly insert the needle into the skin at a 90 degree angle.
 - After the needle is inserted into the skin, press down on the plunger to release medication into the subcutaneous layer at a steady pace.
 - Remove the needle.
 - Press a cotton ball or gauze onto the insertion site. Apply a bandaid if necessary.
 - Safely dispose of the needle
- Safe needle disposal
 - Needles and syringes need to be disposed of properly. There are many services that do this. Here is a link to [Sharps Assure, an online company that provides home needle disposal service by mail.](#)
 - Place the syringe in a hard plastic or metal container with a tightly secured lid
 - Do not recap needles after use
 - Keep the container out of reach of children and pets.
- Please see this Youtube video if you still have any questions:
 - https://youtu.be/XoGpnJ2_t2A