
Select and clean the injection site

1. Choose an injection site. Do not inject near joints; groin area, scar tissue and navel (belly button) middle of abdomen.
2. Clean the injection site (about 2 inches of your skin) in a circular motion with an alcohol wipe. Leave the alcohol wipe nearby. (Exception: Clients with diabetes should not use alcohol wipes with their injections).

Important Note

- We recommend that you use only the front sites for subcutaneous self-injection unless you are pregnant.
- Any of the sites may be used if someone else is giving you the injection.

Inject the medication

1. Insert the needle with a quick motion into the pinched fold of skin at a 90-degree angle (straight up and down). The needle should be all the way into your skin.
2. Push the plunger of the syringe until all of the medication is out of the syringe.
3. Release pinched fold of skin & quickly pull the needle out.
4. You may or may not bleed at the injection site. If you notice bleeding, apply pressure with the alcohol wipe. Cover the injection site with a bandage if necessary.
5. Do not rub the injection site.

Dispose the needle

1. Do not cap the needle.
2. Drop the entire syringe and needle into your container for used “sharps”.

Please remember

If you have questions about the subcutaneous injection procedure, please feel free to ask your health care providers. They are happy to answer your questions.

Questions:

Supplies needed:

Home Health Care Office

Place office label here

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Home Health Care
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How to Give Yourself Subcutaneous Injections

(Injection into fat tissue)

A medication has been prescribed for you. An injection is the best way to get this medication into your body. This information will teach you how to give yourself a subcutaneous injection. Subcutaneous tissue is fat tissue. Fat tissue is found between of the skin and muscle.

Prepare the work area and gather your supplies

1. Select a clean, dry area to prepare your injection.
2. Gather the following supplies:
 - Bottle of medication (NOTE: if your medication requires refrigeration, take it out of the refrigerator 30 minutes before your injection time).
 - Syringe _____cc with 25 or 27 gauge needle with 1/2" to 5/8" needle.
 - Alcohol wipes (or cotton balls and a bottle of rubbing alcohol).
 - Band Aid
 - Commercially purchased "sharps" container or recommended alternative.
3. Wash your hands with soap and warm water and dry them with a clean towel.

Prepare your medication and syringe

1. Remove the plastic cap from the medication bottle.
2. Wipe off the rubber part on the top of the medication bottle with an alcohol pad.
3. Set your medication bottle nearby on a flat surface.

4. Remove the wrapper from the syringe and needle.
5. Remove the cap from the 25 or 27 gauge needle.
6. Draw _____cc of air (same amount as the medication) into the syringe by pulling the plunger back.
7. Insert the needle into the rubber stopper of the medication bottle.
8. Push the plunger down to inject air into the bottle (this allows the medication to be drawn more easily). Leave the needle in the bottle.
9. Turn the bottle and syringe upside-down. Be sure the medication covers the needle tip.
10. Pull back on the plunger to _____cc.
11. Check the syringe for air bubbles. Air bubbles in the syringe will not harm you if they are injected, but they can reduce the amount of medication in the syringe. To remove air bubbles, tap the syringe so the air bubbles rise to the top and push up on the plunger to remove them. Re-check the dose and add more medication to the syringe if necessary.
12. Remove the needle from the medication bottle.

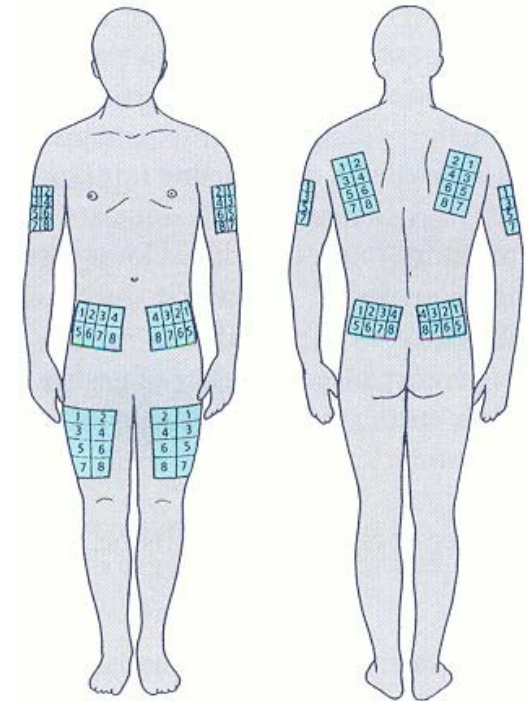
Rotate your injection sites

Since you will be injecting your medication on a regular basis, you need to know where to inject the medication and how to rotate (move) the injection sites. Use the picture below to choose injection site. By rotating your injection sites, you will make your injections easier, safer and more comfortable.

If the same injection site is used many times, you may develop hardened areas under the skin that keep the medication from being used properly.

Injection sites:

(front ----- back)



Follow these guidelines:

- Move the site of each injection. Inject at least 1½ inches away from the last injection site.
 - Ask your doctor, nurse or health educator which sites you should use. Insulin is absorbed best from the abdomen.
 - Keep a record of which injection sites you have used. Every time you give yourself an injection, record the date, time and injection site.
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