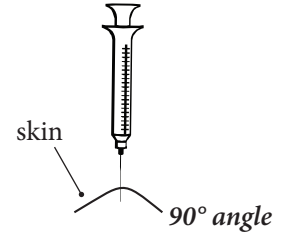
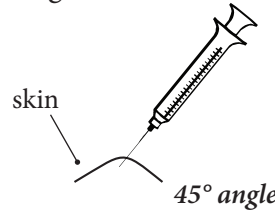


# Injecting Medicine under the Skin

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Giving yourself a subcutaneous injection (also called a sub-Q injection) means inserting medicine into the fatty areas just under your skin. The needle used for a sub-Q injection is very small and doesn't cause much pain. Many medicines are given in this way.

1. Clean the table top with all-purpose cleaner, alcohol or bleach wipes and let dry.
2. Wash your hands for 15 seconds with warm water and soap or hand foam.
3. Gather these supplies:
  - Alcohol wipes
  - Medicine syringe with needle
  - Band-Aid
4. Check syringe label for correct drug name, dose and discard date.
5. Choose the injection site (see [“Tips”](#) section). Clean the skin with an alcohol wipe and let air dry.
6. Remove syringe from package if there is one, tighten needle if possible and pull the needle cover straight off.
7. Pinch up a fold of skin.
8. Hold the syringe like a pencil at a 45 to 90 degree angle.



9. Insert the needle with a quick jab into the skin. You will feel a little sting.
10. Push in all of the medicine in the syringe.
11. Take the needle out quickly. Dab site with a clean alcohol wipe.
12. Put a Band-Aid on the site.
13. Throw the syringe and needle away in a sharps container (a puncture-proof container, such as a laundry detergent bottle). Call your garbage company and ask how to safely dispose of your sharps container.

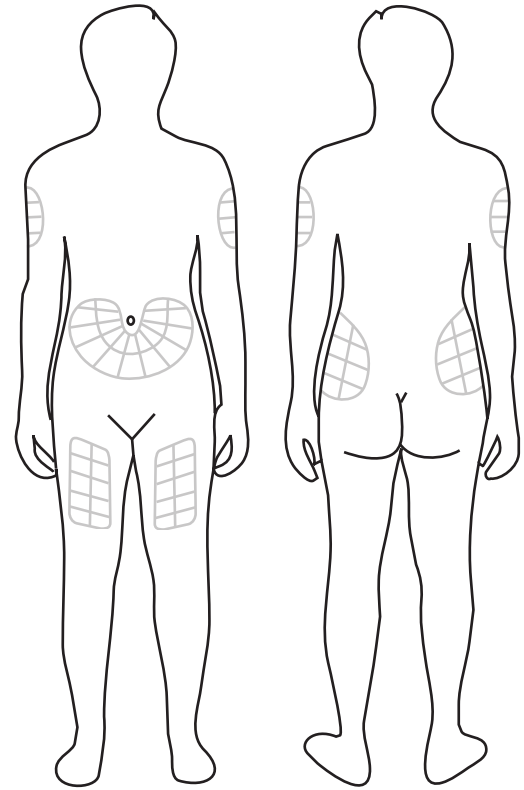
## Tips

The drawing here gives you a “map” of the best sites for injection. These include the thighs, abdomen (belly area) and the sides and backs of the upper arms. These areas have a layer of fat between the skin and muscle.

When you choose a site, follow these tips:

- Use a different site with each shot.
- You may stay within the same area (for example, the belly area), but be sure the next site is at least one finger-width away.
- Wait two weeks before injecting into the same site again.
- The abdomen (belly area) is usually the best area. Be sure to stay at least two inches away from the navel (belly button).

If you see any unusual lumps, tenderness or bleeding after a shot, call your doctor.



*Front*

*Back*