

Subcutaneous Injection Instructions

- Cleanse your selected subcutaneous injection site with an alcohol wipe and allow site to dry.
 - Alternate sites daily.
- While holding the syringe with your dominant hand between your thumb and finger (as you would a pencil), pinch the skin (with your other hand) at the site you have selected
- With a quick, dart-like motion, insert the entire needle (up to the hub of the syringe) at a 90 degree angle and depress the plunger slowly and carefully.
- After the injection is complete, quickly pull out the needle. If bleeding, apply pressure to the injection site with a sterile gauze pad. If discomfort occurs after your injection, you may gently massage the injection site to alleviate your discomfort.
- After injecting the medication, dispose of the needle into the Sharps waste container (the syringe can go in your regular trashcan). It is unnecessary to recap the needle as this could cause injury.
- How to dispose of Sharps Waste Container: After carefully placing all used needles in container, seal the top with a lid and tape it solidly closed. Place the entire container in a bag, seal the bag, and place in your trash bin for normal pick up. You could also take it to your local police or fire station.

