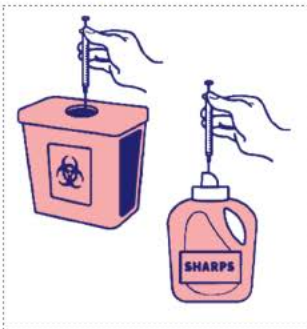


#### STEP 4 - CONTINUED

5. Once the needle is fully inserted, let go of the skin you are pinching and use that hand to grasp the base of the syringe barrel. Push down on the plunger to slowly inject the medication. You may feel a slight discomfort as the medication enters the muscle.
6. After injecting the medication, wait 2-3 seconds and then pull the needle out of the skin. Activate the safety device now if your needle has one.
7. Place the used needle and syringe directly into your sharps container.
8. If you experience any bleeding at the injection site, gently press a cotton ball or gauze on the site until bleeding stops. Apply a clean bandage if necessary.

#### STEP 5 - DISPOSE OF NEEDLES & SYRINGE

1. All sharps (needles and syringes) should be disposed of in a sealable, puncture-resistant container.
  - a. You can get a sharps container from most drugstores or your pharmacy.
  - b. You can also use a sturdy plastic container with a lid, like a laundry detergent bottle or milk jug that is clearly labeled "SHARPS" with a permanent marker.
2. When your sharps container is  $\frac{3}{4}$  full, tape the lid shut.
3. After your sharps container is taped and labeled, you can put it in the regular trash. Do not put it in the recycling.
4. If you need more information about how to dispose of your syringes, reach out to your advocate or call 3-1-1 for help in your area.



#### INJECTION DATES & NOTES

#### PATIENT ADVOCATE:



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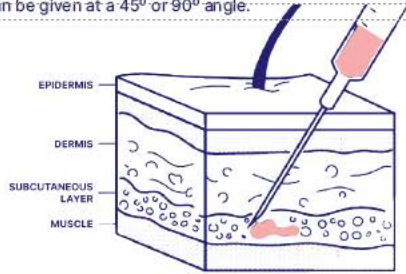
# SUBCUTANEOUS (SUBQ) INJECTION GUIDE



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## WHAT IS A SUBCUTANEOUS (SUBQ) INJECTION?

Subcutaneous injection is a way to inject medication into the fatty tissue under the skin. A subcutaneous injection can be given at a 45° or 90° angle.



## WHAT SUPPLIES ARE NEEDED FOR A SUBQ INJECTIONS?

- Medication vial
- Disposable syringe
- **(1) Draw Needle:** a larger gauge needle that is used to draw up your medication into the syringe when preparing your injection. Draw Needles are usually 18 or 20 gauge in size and 1 inch in length.
- **(2) Alcohol swabs**
- Cotton ball, or gauze, or bandage
- Sharps container

Note: The needle size is described in units called gauge numbers. The smaller the needle gauge, the bigger the needle.

## WHERE DO I GET THE NEEDLES AND SYRINGES FOR A SUBQ INJECTION?

The prescription for your medication will include the recommended needles and syringes to pick up from your local pharmacy. **ONE SHOULD NEVER REUSE OR SHARE NEEDLES OR SYRINGES.** If you are having trouble getting supplies, please send a message to your KIND advocate via the patient portal.

## STEP 1 - SET UP YOUR INJECTION WORK AREA

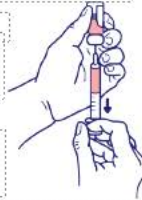
1. Find a comfortable, well-lit place to give yourself your injection.
2. Clean your work area and gather the supplies listed above.
3. Check the expiration date on the medication. Do not use the medication if it has visible particles, is discolored, or is expired.
4. Wash your hands with soap and warm water or an alcohol-based hand cleaner. Hand washing is one of the most important things you can do to prevent infection.

## STEP 2 - PREPARE YOUR INJECTION DOSE

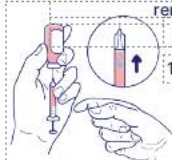
1. To warm and ready your medication, roll the vial gently between your palms 3 to 4 times before you begin.
2. The first time you use the medication vial, you'll need to remove the plastic or foil dust cap to reveal the rubber stopper underneath. Scrub the rubber stopper vigorously with an alcohol swab for 10 seconds and let it air-dry.
3. Check the packaging on your syringes and needles. If any of the packages have been opened or damaged, dispose of them and use a new one.
4. Attach a Draw Needle to your syringe. Take care not to touch the base of the needle or the tip of the syringe so that they stay sterile.
5. Pull the plunger down to draw air into the syringe. You want your plunger at the same marker as the amount of liquid you will draw from the vial. You will inject the air into the vial before you withdraw the liquid. This step is necessary to maintain the correct pressure inside the vial.



6. With one hand, hold the vial on a flat surface. In your other hand, grasp the syringe like a pencil. Uncap the needle and insert the needle straight down into the center of the rubber stopper of the medication vial. Push down the plunger of the syringe to inject the air into the vial.
7. Keeping the needle in the vial, turn the vial upside down. Do not let go of the vial. Position the needle so the liquid is covering the tip of the needle.
8. Keeping the tip of the needle in the liquid, slowly pull on the plunger to fill the syringe with the correct dose of medication.
9. Leave the needle in the vial and check for air bubbles in the syringe. If there are air bubbles, gently tap the syringe with your fingers until the air bubbles rise to the top of the syringe. Then, slowly push the plunger up to force the air bubbles out of the syringe without removing the needle from the vial.

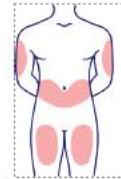


10. When there are no air bubbles remaining, ensure that you still have the correct dosage of medication in your syringe and withdraw the needle from the vial.
11. Engage the safety device and remove the Draw Needle from your syringe and place the Draw Needle directly into your sharps container.



12. Attach the Injection Needle to your syringe of medication. Do not touch the base of the needle that attaches to the syringe. Do not remove the protective cap from the needle until you are ready to inject.
13. Hold the syringe with the needle pointed upward and gently push the plunger just until you see a drop of medicine at the tip of the needle.

## STEP 3 - SELECT INJECTION SITE



There are three appropriate areas of the body to give yourself a subcutaneous injection, see graphic. It is important to rotate sites each time you inject; repeated injections in the same site can cause discomfort and scar ring, and can interfere with the absorption of medication.

- **Abdomen** – Do not use the area directly around your belly button. Make sure your injection is at least 1 inch away from it.
- **Back or side of the upper arm** – Fatty tissue on the back of the arms between the shoulder and elbow.
- **Front of the thigh** – When seated, along the outside of the thigh, between the groin and knee, where you can pinch fatty tissue.

## STEP 4 - ADMINISTER THE INJECTION

1. With a new alcohol swab, scrub the selected injection area for 10 seconds and let it air dry. Do not touch this area again until you give the injection.
2. Check once more that the correct dosage is in the syringe and then remove the cap from the Injection Needle.
3. With one hand, use your thumb and index finger to spread the skin taut.



4. Using your other hand, firmly hold the syringe barrel like a pencil and insert the needle at a 90° angle. Push the needle through the skin in a smooth, single motion. Try not to hesitate. Make sure to insert the needle all the way into the skin.