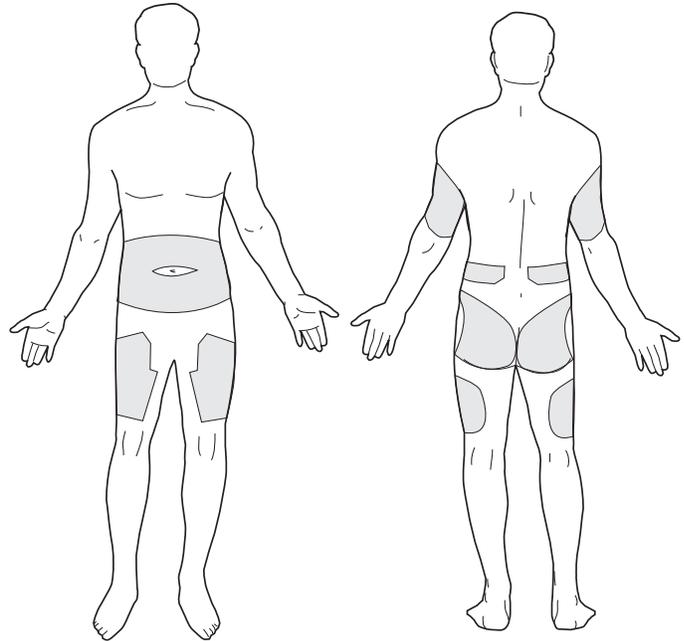


Giving Medicine by Injection Under the Skin (Subcutaneous)

These are basic instructions for giving medicine as an injection under your skin, also called subcutaneous. Your medicine may have other steps needed, so always follow the instructions given by your doctor or pharmacist.

Select the Site for Injection

- Sites that can be used are:
 - Backs of the upper arms
 - Abdomen
 - Front and side of thighs or upper legs
 - Back above waist
 - Buttocks
- Some medicines are best given in certain areas. Your doctor or nurse will teach you the best areas to give your medicine.
- Stay 1 inch away from the last injection.
- Stay 2 inches away from your navel or scars.
- Do not use areas that are bruised, tender or swollen.



Before You Inject

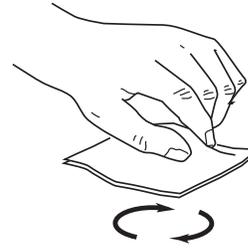
- A new needle must be used with each injection.
- Check your dose.

How to Inject the Medicine

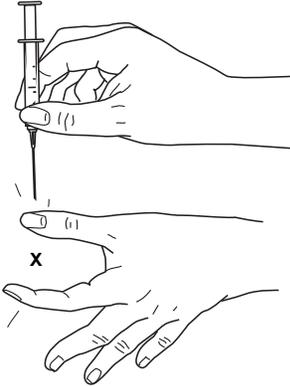
1. Wash your hands.



2. Clean your skin with an alcohol pad using a circular motion. Let the alcohol air dry.

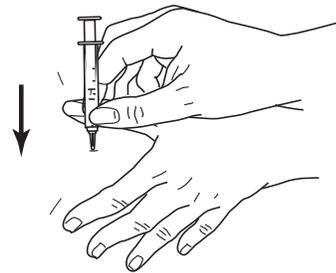


3. Remove the needle cover and hold the syringe like a dart.

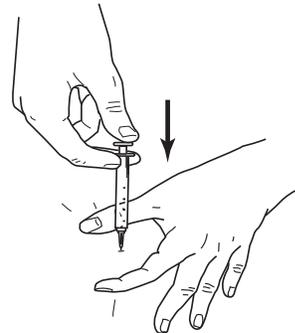


4. Gently pinch the skin at the injection site.

5. Insert the needle straight into the pinched skin at a 90-degree angle.

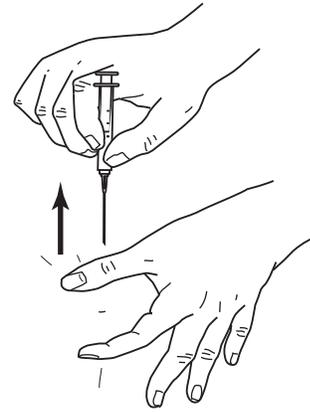


6. Let go of the skin unless you are told not to, and give the medicine slowly by pushing in the plunger.



7. Pull the needle out of your skin and quickly press a clean gauze onto the site. Do not rub the skin.

8. Hold pressure on the site for a few seconds.



9. Put the used syringe and needle into a strong container that has a cap or lid, such as a bleach or detergent jug.

- Do not put the cover back on the needle.
- Do not reuse or share needles.
- Close the container tightly after use.
- Keep out of the reach of children and pets.
- Ask your pharmacy how to safely throw away a full sharps container.



10. Wash your hands again.

Talk to your doctor or nurse if you have any questions or concerns.