

皮下注射藥物

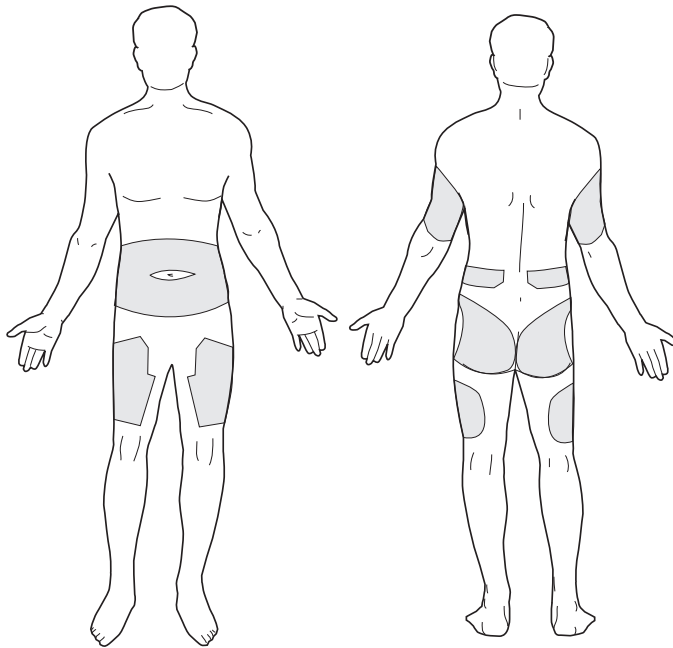
Giving Medicine by Injection Under the Skin (Subcutaneous)

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.

本文是皮下注射藥物的基本說明。您的用藥可能還需要其他步驟，因此請務必遵循醫生或藥劑師的指示。

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.



選擇注射部位

- 可用於注射的部位是:
 - 上臂背部
 - 腹部
 - 大腿前部和側部
 - 腰部以上的後背
 - 臀部
- 有些藥在某些部位注射效果最佳。您的醫生或護士會告訴您哪些是最佳用藥部位。
- 要離前一次注射部位1寸(2.5公分)之遠。
- 要離您的肚臍或疤痕處2寸(5公分)遠。
- 不要使用有擦傷、觸痛或腫脹的部位。

Before You Inject

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

注射前

- 每次注射時必須使用新的針頭。
- 檢查您的注射劑量。

How to Inject the Medicine

1. Wash your hands.



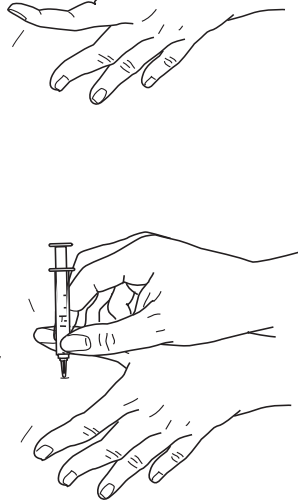
2. Clean your skin with an alcohol pad using a circular motion. Let the alcohol air dry.



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.

1. 洗手。

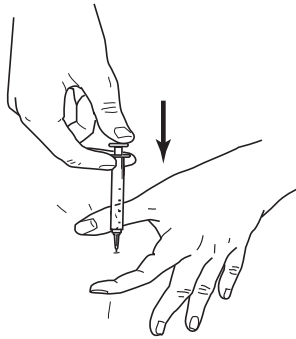
2. 用酒精墊轉圈清潔皮膚。讓酒精風乾。

3. 除下注射針套。像持飛鏢一樣持注射器。

4. 輕輕捏住注射部位的皮膚。

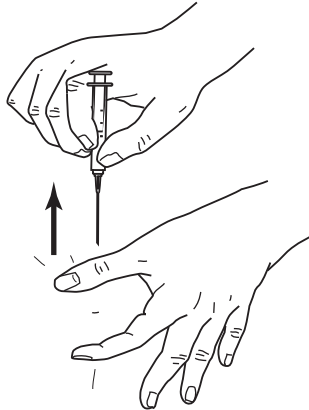
5. 直接將針頭以90度角扎入被捏的皮膚。

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



6. 將捏住的皮膚鬆開，除非有指示不要鬆開，慢推推吸桿注入藥物。

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



7. 將針從皮膚中拔出，然後用乾淨的紗布快速壓在注射部位上。不要擦皮膚。

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

8. 在注射部位按壓幾秒鐘。

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.

9. 將用過的注射器和注射針放入一個有蓋的結實容器，例如漂白水或清淨劑罐。

- 請勿將針頭蓋放回針上。
- 請勿重複使用或共用針頭。
- 使用後請將容器蓋緊。
- 放在兒童和寵物接觸不到的地方。
- 諮詢藥店如何安全丟棄已裝滿銳器的容器。

10. Wash your hands again.

10. 請再次洗手。

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

若您有任何疑問或擔憂，請諮詢您的醫生或護士。