

Under the Skin (Subcutaneous) Injection Sites

The medicine you are taking is to be given into the fatty tissue under the skin, also called subcutaneous. You will be taught how to do the injection or shot. Use this sheet to know which sites to use for your injections.

- The stomach, arms, legs and buttocks can be used for injections as shown in the picture. Injections are absorbed best from the stomach, next from the arms and least well from the legs and buttocks.
- Rub the site with alcohol. Let the alcohol air dry.
- Give your shot in a different spot each time.

Talk to your doctor or nurse if you have any questions or concerns about where to give your injection

