

छालाअन्तर्गत (छाला को मुनी रहेको वा लगाइने) का इन्जेक्शन साइटहरू

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.

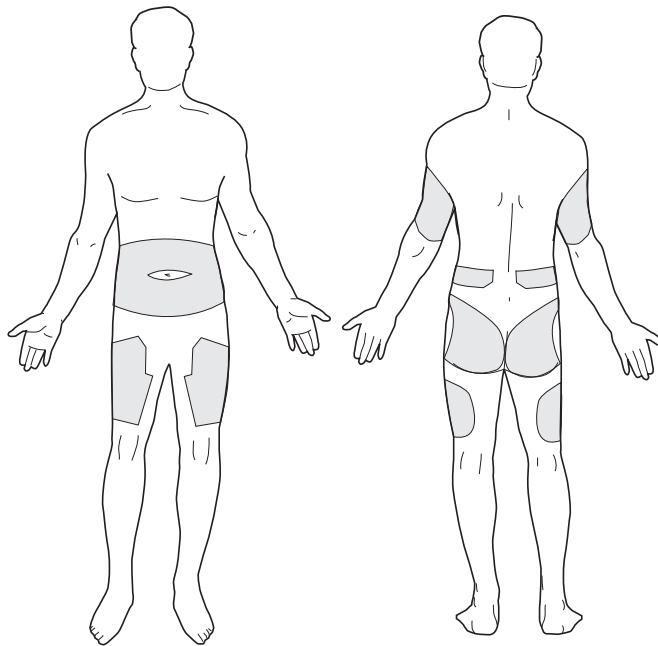
- ▶ The stomach, arms, legs and buttocks can be used for injections as shown in the picture. Injections are absorbed best from the stomach, next from the arms and least well from the legs and buttocks.
- ▶ Rub the site with alcohol. Let the alcohol air dry.
- ▶ Give your shot in a different spot each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

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

तपाईंले लिनुभएको औषधी छालामुनि प्याटी टिसुमा दिइनु पर्छ जसलाई छालाअन्तर्गत दिइने पनि भनिन्छ। तपाईंलाई कसरी इन्जेक्शन वा शट गर्ने भनेर सिकाइनेछ। तपाईंको इन्जेक्सनका लागि कुन साइटहरू प्रयोग गर्ने भनेर जान्नका लागि यस पानाको प्रयोग गर्नुहोस्।

- ▶ चित्रमा देखाइए झैं पेट, पाखुरा, खुट्टा र नितम्बहरू इन्जेक्सनका लागि प्रयोग गर्न सकिन्छ। इन्जेक्सन पेटबाट राम्रोसँग अवशोषित हुन्छ, पाखुराबाट केही कम र खुट्टा तथा नितम्बबाट राम्रोसँग अवशोषित हुन्छ।
- ▶ इन्जेक्सन लगाएको ठाउँमा अल्कोहल दल्नुहोस्। अल्कोहललाई सुक्न दिनुहोस्।
- ▶ तपाईंको शटलाई प्रत्येक पटक बिभिन्न ठाउँमा दिनुहोस्।

तपाईंलाई इन्जेक्सन कहाँ दिने भन्नेबारे कुनै प्रश्न वा चिन्ता छ भने आफ्नो डक्टर वा नर्ससित कुरा गर्नुहोस्



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