

Подкожные инъекции

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.

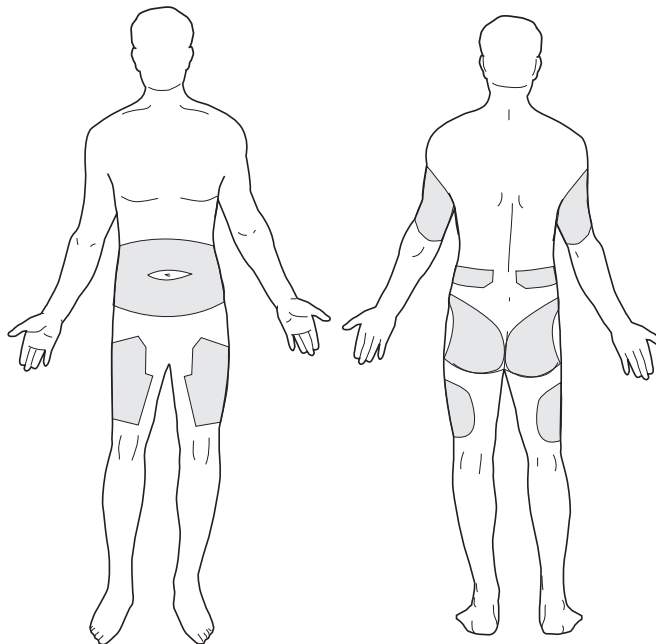
- ▶ The stomach, arms, legs and buttocks can be used for injections as shown in the picture. Injections are absorbed best from the stomach, next from the arms and least well from the legs and buttocks.
- ▶ Rub the site with alcohol. Let the alcohol air dry.
- ▶ Give your shot in a different spot each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

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

Вам назначили лекарство, которое вводится в подкожную жировую клетчатку. Вас научат, как делать инъекцию (укол). В этой инструкции указано, какие участки можно использовать для подкожных инъекций.

- ▶ Для инъекций подходят живот, руки, ноги и ягодицы (см. рис.). Лучше всего лекарство всасывается из живота, затем из рук и хуже всего из ног и ягодиц.
- ▶ Протрите место укола спиртом. Подождите, пока спирт испарится.
- ▶ Делайте укол каждый раз в новом месте.

Если у вас есть вопросы или опасения относительно того, где делать укол, обратитесь к врачу или медсестре.



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