



### Subcutaneous Injection

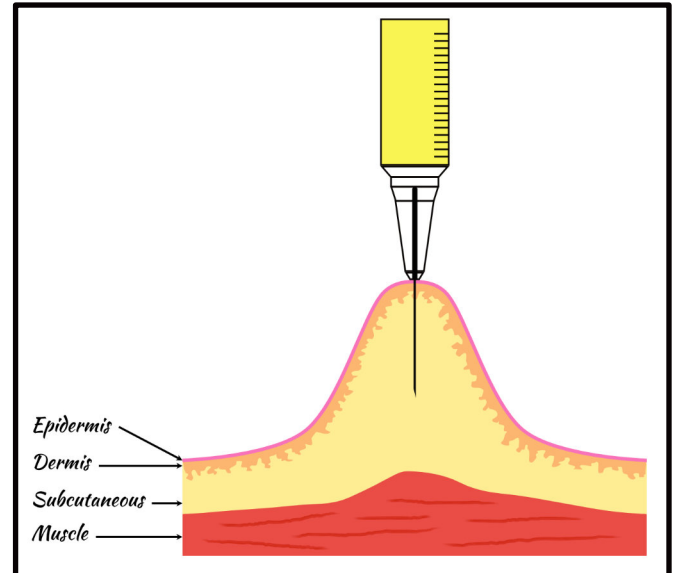
Please read and be familiar with all steps before proceeding with an injection. If you have any questions or concerns please call the clinic at 360-706-1808 so we can address them for you.

As the name implies, the goal of subcutaneous injections is to deliver medication into the layer of subcutaneous fat just under the skin.

#### STEP 1: COLLECT

Collect all the supplies you will need for the injection:

- Medication vial
- Alcohol wipes (2)
- Syringe
- Drawing needle (larger needle)
- Injection needle (smaller needle)
- Sharps container



#### STEP 2: CLEAN

Your syringes and needles should be new and still in sterile factory packaging. Wash your hands with soap and water for at least 20 seconds. Use one alcohol wipe to sanitize the top of the medication vial. Use one alcohol wipe to clean the skin over your chosen site of injection. When cleaning your skin use circular motions several times directly over the site of injection and then moving outward in larger circles until at least a 2-inch diameter area has been cleaned. Make sure to let the medication vial and your skin air dry completely. **Tip: Clean medication vial first and then move to skin. By the time you are done cleaning your skin the vial will be ready to draw medication out of and by the time the medication is drawn your skin will be dry.**

#### STEP 3: FILL

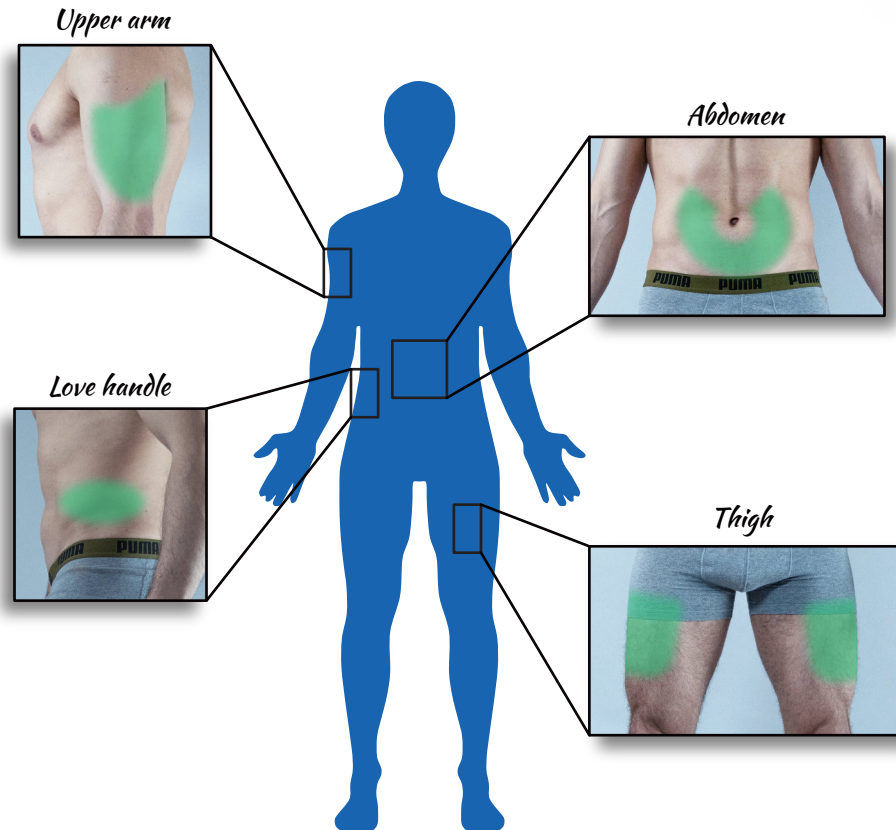
- Take your syringe and drawing needle (larger of the two needles) out of the factory packaging. In order to avoid contamination, make sure that as you connect them you don't touch near the connection point.
- Pull back the plunger on the syringe to fill it with air to the prescribed dose.
- Press the needle tip through the rubber seal of the vial and inject the air completely.
- Turn the vial upside down, making sure the tip of the needle is within the contained medication. Slowly draw back to fill your syringe with medication. **Tip: slightly overfill your syringe at first and then inject oil back into the vial to get exactly to your dosage.**
- Pull the needle out, draw back a little air to make sure all medication is out of the needle and then recap and remove your draw needle.
- Put on your injection needle. Hold the syringe upside down (with the needle in the air) to ensure any air moves to the tip. **Tip: if you have a few bubbles in the oil that don't want to move then you can flick the**



*barrel of the syringe slightly with your finger.* Depress your plunger until a drop of oil comes out of the tip of the needle and travels down the shaft of the needle.

## STEP 4: INJECT

The most important part of injecting medication is to find a spot that doesn't have any many nerves or blood vessels by it. In order to easily complete subcutaneous injections you need to be able to pinch 1-2 inches of skin. Good subcutaneous injection sites include the upper arm, abdomen, love handle, and thigh.



Upper arm: Typically easiest in the middle of the arm halfway between the shoulder and the elbow. There is usually more skin towards the back of the arm so this location may require the help of a partner.

Abdomen: Area around the middle of the abdomen where most of the “Dad bod” fat is. Stay at least two inches away from your belly button (navel).

Love handle: Area of fat that collects above your belt-line on the sides of your body.

Thigh: Divide your thigh into thirds from the hip down to the knee. Anywhere in the middle third where you can grab enough skin for injection.

*Tip: Experiment with you injection site. Everyone is different and depending on your body some areas will be easier and less painful than others. Tip: Vary your injection locations to avoid scar formation; small variations in the same region, side to side, and in a different region all together.*



- Pinch 1-2 inches of skin using the hand that won't be doing the injection.
- Holding the barrel of your syringe like you would a dart, quickly push the needle through the skin until it reaches the colored base. If you can only pinch 1 inch of skin, then you will want to enter the skin at a 45 deg angle. If you can pinch 2 inches of skin (preferred), then enter at a 90 deg angle. *Tip: The slower and more hesitant you are the more painful inserting the needle will be. If you are fast and confident you probably won't feel it at all. Tip: Stabilize your syringe once the needle is in by resting your hand on your body.*
- Inject the medication into the subcutaneous fat at a moderate and even pace. *Tip: this should not be very painful. If you find that the placement of the needle or the injection of medication is more painful than previous injections STOP. Withdraw the needle, place a new injection needle on the syringe, and move to a slightly different area. Sometimes a few millimeters will make all the difference.*
- Withdraw needle quickly and prepare to dispose.

## STEP 5: DISPOSE

Separate the draw and injection needle from the rest of your waste. You can place the needles in a purchased "Sharps Container" which you can typically get from a local pharmacy or from an online retailer. If you don't want to buy one you can use any old hard plastic container you have at home such as an empty 2L soda bottle or laundry detergent container. If you use a home-made container make sure you label the outside of it with the words "Sharps Waste". Disposal of full containers varies by county. In Thurston County the sealed sharps container can be placed in your regular trash can. Never place sharps directly into the trash.