

# SUBCUTANEOUS INJECTIONS

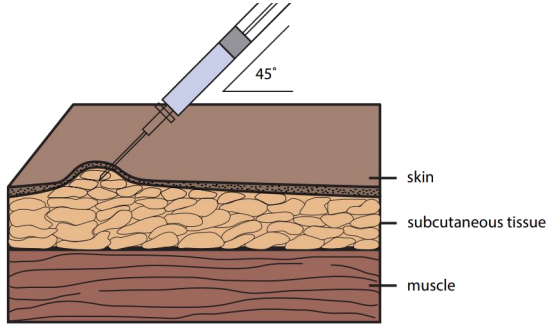


# *INJECTIONS*



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# What is a subcutaneous injection (SubQ)?



A SubQ injection delivers medication into the fatty layer of tissues just under the skin.

## Super! Now how do I do it?

1

### Assemble Your Supplies

- Medication vial - keep it stored away from light and at room temp!
- Disposable syringe and needles
  - One larger needle to draw up medication, one smaller to inject
- Two alcohol swabs
- Sharps container
- Cotton Ball
- Band aid

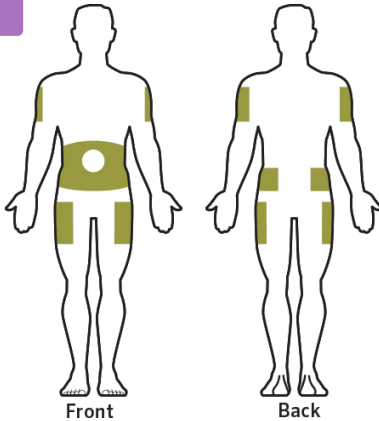
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### Set Up for the Injection

- Set up a clean, comfortable, and well-lit work area.
- Make sure your medication is the correct medication your doctor prescribed. Do not use a medication that is expired, discolored, or has visible particles.
- Wash your hands.

## 4

### Preparing the Injection Site



- There several places you can give yourself a subcutaneous injection, including the sides or backs of your arms, the fronts of your thighs, your abdomen, or the upper-outer portion of your buttocks. Wherever you choose to inject ensure you are able to firmly grasp the skin and pinch it up into approximately a 1-inch fold. Be sure to avoid your bellybutton and any bony areas.
- Clean the injection site with an alcohol swab in a circular motion, let it dry.

## 5

### Give the injection

- With one hand, hold the syringe like a pencil - thumb near the plunger
- With your other hand, grasp the skin between your thumb and index finger and pinch up.
- Insert the needle into the skin at 90° with one quick and firm motion. Insert the needle at 45° if you are thin and have little subcutaneous tissue. Do not press down on the plunger while piercing the skin.
- Once the needle is in, push the plunger/medication in slowly. You may feel some burning or pressure as the medicine enters.
- After injecting the full dose of the medication, remove the needle in one swift motion.
- Gently press a cotton ball on the injection site, apply a band aid if needed.
- Dispose of needle and syringe in sharps container.

### Injection Site Reactions (ISRs)

Some people injecting SubQ develop ISRs (a red, sore and itchy bump lasting 3-7 days). ISRs usually happen if someone is injecting SubQ at too shallow of an angle and can be corrected by injecting at 90° instead.

### Tips to Reduce Injection Pain

- Remove air bubbles from the syringe
- Let skin dry after using alcohol wipe
- Keep muscles in injection area relaxed
- Pierce the skin quickly with the needle

### Questions or Concerns?

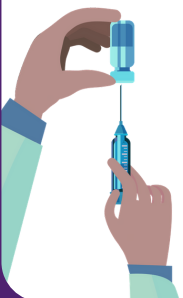
Call WE Health Clinic with any questions or concerns, our staff is happy to help!

P: 218-727-3352

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## Prepare Your Injection Dose

- Take the cap off your vial. Clean the rubber stopper with an alcohol swab in a circular motion and allow to air dry.
- Check the package on your syringe/needles, make sure none are opened or damaged. Assemble your drawing needle/syringe if needed.
- Remove needle cap. Pull back the plunger to draw air into the syringe (medication vials are pressurized, you must put air into the vial in order to get medication out!). The amount of air drawn into the syringe should be the same or a bit more than the medication dose you will be drawing out.
- Keep the vial flat on your work surface and insert the needle straight down through the center of the rubber stopper.
- Push the plunger of the syringe down to push the air into the vial.
- Keeping the needle in the vial, turn the vial upside down. Make sure the liquid is covering the tip of the needle.
- Keeping the vial upside down, slowly pull back on the plunger to fill the syringe with medication.
- Check for air bubbles in the syringe. If there are air bubbles, tap the syringe with your finger until the air bubbles rise to the top. Slowly push the plunger to force the bubbles out the top of the syringe.
- Pull/push the plunger to the line which matches your dose. Carefully remove the needle and syringe from the vial, careful not to push/pull the plunger as you do so. **Double-check to make sure you have the correct dose in your syringe!**
- Dispose of drawing needle. Attach injection needle.



Top line of plunger  
marks your dose!

