

Injection Site Reference Guide

This guide provides information on proper injection sites for subcutaneous peptide administration.

Recommended Subcutaneous Injection Sites

1. Abdomen (Most Common)

- Best area: 2 inches around the navel (avoid 1 inch directly around navel)
- Pinch skin and inject at 45-90 degree angle
- Rotate injection sites to prevent lipodystrophy

2. Thigh (Front/Outer)

- Middle third of the thigh, front or outer aspect
- Good for self-injection due to easy access
- Avoid inner thigh and knee area

3. Upper Arm (Back)

- Fatty area on the back of the upper arm
- May require assistance for self-injection
- Good alternative site for rotation

4. Lower Back/Flanks

- Area above the hip bones
- Good for patients with limited abdominal fat
- May require assistance

Site Rotation Schedule

To prevent injection site reactions and ensure optimal absorption, rotate sites using this pattern:

- Day 1: Right side of abdomen
- Day 2: Left side of abdomen
- Day 3: Right thigh
- Day 4: Left thigh
- Repeat cycle, moving at least 1 inch from previous injection

Important Tips

- Always clean injection site with alcohol and let dry
- Use a new needle for each injection
- Do not inject into bruised, scarred, or irritated skin
- Apply gentle pressure after injection (do not rub)
- Report persistent redness, swelling, or pain to your provider