

01. Let's Get Started!

- Ensure you are using a syringe with a needle suitable for subcutaneous use.
- Wash hands well with soap and water and gather your supplies on a clean surface.

**A Prepare the medication vial**

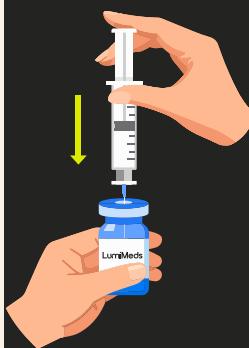
For first-time use, remove and discard the plastic cap or seal. Wipe the top of the vial with an alcohol pad before each use.

**B Draw air into the syringe**

Remove the syringe from the packaging and remove the protective cap from the needle. Hold the syringe upright, with the needle pointing up. Pull the plunger down to the same dose that you will be injecting.

**C Inject air into the medication vial**

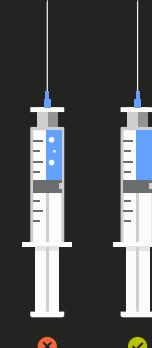
Point the needle down and insert it through the center of the rubber stopper. Push the plunger down to inject the air into the vial.

**D Draw solution into the syringe**

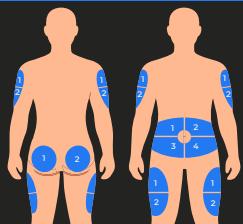
Hold the syringe in one hand and the vial in the other hand. Turn both upside down without letting go of either so the needle doesn't bend. Make sure the tip of the needle is in the medication, then pull the plunger down past your prescribed dose. Then, slowly push the plunger back up to your prescribed dose to remove any air bubbles.

**E Check for air bubbles**

If you see air bubbles, slowly pull more medication into the syringe until the air bubbles are gone. Then, slowly push the extra medication back into the vial until you have the correct dose. Remove the needle from the vial and carefully proceed with the injection process.

**02. Prepare The Injection Site****A Select the injection site**

Safe areas to inject your medication are the outer surface of the upper arm, the top of your thighs, your buttocks, and the lower part of your belly. Be sure to inject your medication two inches away from the belly button.



Reminder: Rotate your injection sites. If you used area 1 last time, try areas 2, 3, or 4 following. This helps prevent tissue damage.

B Clean the injection site

Use an alcohol swab to clean the area of the skin where you will give yourself the shot.

**03. Inject The Medication****A How to hold the needle**

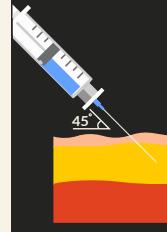
Using your dominant hand, wrap your fingers around the barrel of the syringe, keeping your thumb free to push down the top of the plunger.

**B Pinch your skin**

Grab a handful of skin between your thumb and index finger and firmly hold it. (Your thumb and forefinger should be about an inch and a half apart.) This pulls the fatty tissue away from the muscle and makes the injection easier and safer.

**C Angling the needle**

Gently pinch the skin of the injection site and insert the needle into the skin at a 45-degree angle. The needle should go all the way into the skin.

**D Injecting your medication**

Slowly push down on the plunger to inject the medication.

**E Finish the injection**

Release the grasp of the skin and withdraw the needle by pulling the syringe back out of the subcutaneous tissue.

**F Dress the wound**

Use gauze to put light pressure on the injection site. If blood appears at the injection site, you can put an adhesive bandage on the site.

**How to Dispose of Needles and Sharps in a Sharps Container****Use an Empty Household Container With These Features**

- Tight-fitting lid that cannot be punctured
- Heavy-duty plastic
- Stands upright
- Does not leak

**How to Discard Sharps**

- Close lid and tape shut.
- Label container.
- Bring container to a sharps disposal program.

**DO NOT put sharps containers in RECYCLING!**

If you cannot find a disposal program, put the container in the center of the full trash bag and discard it in the regular trash. Please follow your community guidelines. In some areas, you may not dispose of sharps in the trash.

