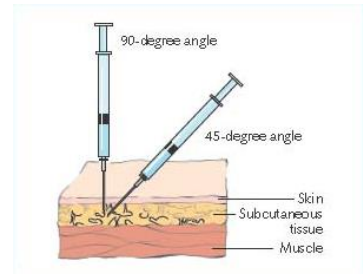
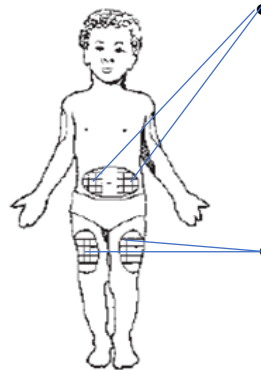
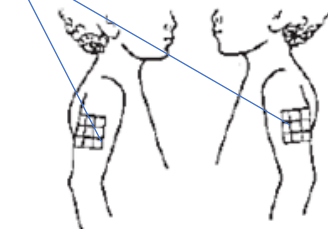


How to Give a Subcutaneous (SubQ) Injection

Some medications work best when they are given into subcutaneous (fat) tissue. Subcutaneous means 'under the skin' and giving medication here is also called a 'SubQ' injection (shot). You will use a syringe and needle to inject (put in) the medication. Your child's nurse will show you the best places on your child's body to give the Sub-Q injection. For children, the three main fatty places to inject the medication are:



the back side of the upper arms



the abdomen, 2 inches away from the belly button

the front outer thigh
(most common site)

Before you prepare for the injection:

1. Wash your hands with soap and water for 30 seconds. Dry them well with a clean paper towel.
2. Clean your work surface using antibacterial wipes, vinegar, soap and water or alcohol pads. Let it air dry.
 - a. We recommend using a non-porous work surface (example: new plastic cutting board or metal tray)
3. Gather the supplies you need and place them on a clean surface.
 - Alcohol prep pad
 - Syringe and needle
 - Medication
 - Gauze or cotton ball, if needed
 - Tape or bandaid, if needed
 - Sharps container
4. Check medication for name, drug, dosage, and expiration date. Do not use if expired.

How to Give the Injection:

Step 1: Use an alcohol prep pad to clean the area you have chosen for your child's injection (shot). Clean well for 20 seconds, and let it air dry for 10 seconds. Do NOT blow on it.

Step 2: Remove the cap from the needle and hold the syringe like a pen with your dominant (stronger) hand. DO NOT touch the needle.

Step 3: Lightly pinch about 1-inch of your child's skin with your other hand.

Step 4: Insert the needle into the skin at a 45- or 90-degree angle (ask your doctor or nurse which angle is best for your child).

Step 5: Push down on the plunger to inject all the medication. This should be done with the same hand holding the syringe.

Step 6: Count to 10 seconds, let go of the skin, and gently remove the needle. Put light pressure on the injection area with a cotton ball or gauze. DO NOT put the cap back on the needle. This prevents accidentally poking yourself with the needle.

Step 7: Throw away the syringe and needle in your Sharps container. DO NOT throw them away in your regular trash or recycling bins.

Step 8: Use tape or a bandage on the injection site, if needed.

Important Information:

- Choose a different area on your child's body for each injection.
- Do not inject into areas that are bruised, scarred, swollen or tender.
- After the injection, you may put light pressure on the area and use a bandage if your child wants one. Do NOT rub the injection site. This may cause bruising.
- Try to give the injection in the same way and in the same room each time.
- It may help to have another adult hold and comfort your child while you give the injection.
- It may also help to distract your child with a book or toy to hold during the injection.
- Check with your pharmacy for how to dispose of your Sharps container safely when your container is full.