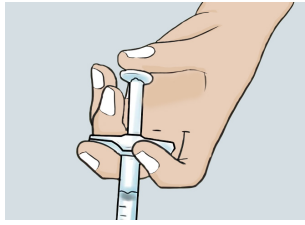
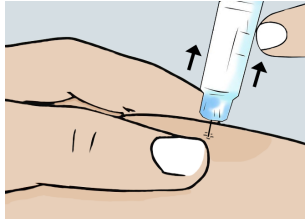


How to give yourself a subcutaneous injection

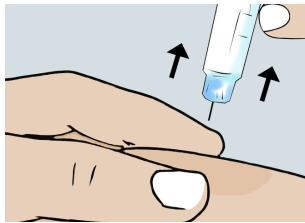
9. Press the plunger with your thumb until the syringe is empty.



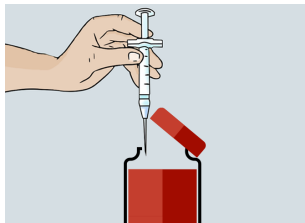
10. Pull the needle straight out at the same angle that it was inserted and release the skin fold.



11. Point the needle down and away from yourself and others.



12. Place the used syringe in the sharp container.



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A subcutaneous (Sc) injection is given in the fatty layer of tissue just under the skin. This area of skin should not be burned, hardened, inflamed, swollen, or damaged by a previous injection.

The patient/caregiver should receive proper education of how to give a subcutaneous injection at home or for self-injection, and they should be mentally and physically competent to perform self-injection.

Steps for (Sc) self-injection:

1. Collect the prefilled syringe and alcohol swab.



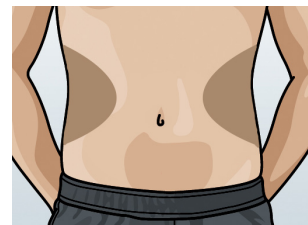
2. Wash your hands thoroughly with soap and water to reduce risk of infection.



3. Sit or lie in a comfortable position, so you can see your abdomen



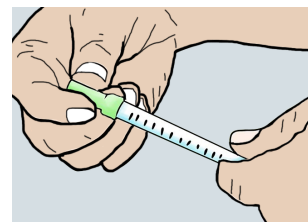
4. Choose an area on the right or left side of your abdomen, at least two inches from your belly button.



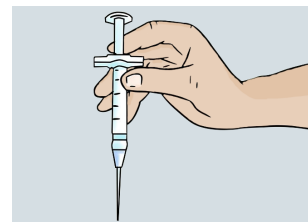
5. Clean the injection site with an alcohol swab and allow to dry.



6. Remove the needle cap by pulling it straight off the syringe and discard it in the sharp container.



7. Hold the syringe like a pencil in your writing hand.



8. With your other hand, pinch an inch of the cleansed area to make a fold in the skin. Insert the full length of the needle straight down at a 90 degree angle into the fold of skin.

