

## Patient Instruction on Giving a Subcutaneous or Intramuscular Injection

### Getting Started

Place your supplies next to you on the table/counter.

- Medication vial
- Alcohol swab(s)
- Syringes/needles
- Sharps container

Wash hands thoroughly with warm water and soap. Clean skin site area for injection with an alcohol swab. Wipe in a circular motion and allow to dry. If your medication is premeasured, proceed to the instructions below for either subcutaneous or intramuscular injection.

If you need to draw up your dose, proceed to the next step.

Drawing up the medication

- Check your medication vial. Ensure it is the right medication. Verify the expiration date and contents of vial.
- Remove plastic cap or foil seal on top of vial.
- With an alcohol swab, wipe the top of the vial to clean the rubber stopper. Avoid touching the rubber stopper after cleaning.
- Remove needle cover from syringe. Avoid touching the needle to keep it sterile. If you have a separate needle and syringe, attach the needle to the syringe prior to removing the needle cover.
- With the vial in an up-right position, insert the needle at a slight angle to the stopper with the bevel facing up and away from the stopper.
- Using one hand, hold the vial and syringe and turn it upside down. With your other hand, draw back the plunger of the syringe to the correct mark or indicated dose.
- Once you have pulled the correct amount of medication into your syringe, you are ready to inject. Pull the syringe out of the vial.

### Subcutaneous Injection

Subcutaneous injections may be given in the abdomen, back of arms or upper legs.

- With your other hand, pinch the skin between your thumb and index finger.
- With one quick dart-like motion, insert the syringe straight into the skin.
- Push down on the plunger to release the medication.
- Remove the syringe and release the skin.
- Properly dispose of the syringe into the sharps container.
- Remember to rotate your sites and keep about 2 inches away from the belly button.

### Intramuscular Injection

Intramuscular injections may be given in the muscle. Typically the thickest part of your deltoid (upper arm) or the middle outer part of the thigh.

- Spread the skin between your thumb and index finger.
- With one quick dart-like motion, insert the syringe straight into the skin, deep into the muscle.
- Push down on the plunger and release the medication.
- Remove the syringe. You may put a little pressure with a gauze or alcohol swab.
- Properly dispose of the syringe into the sharps container.
- Remember to rotate your sites.