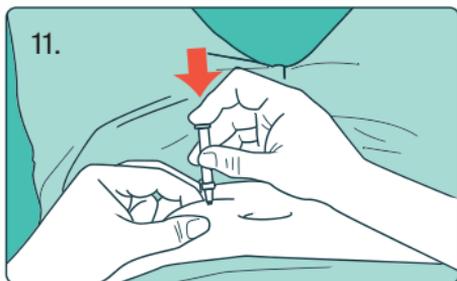
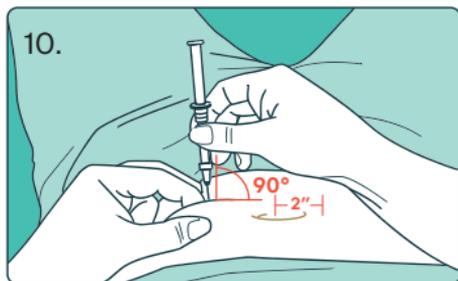


Giving a subcutaneous injection

1. Gather your supplies (vial, syringe, two alcohol swabs).
2. Wash your hands and dry them well.
3. If you have a new vial, pop the colored cap off and throw it away.
4. Use an alcohol swab to clean the top of the vial and another to clean your skin where you plan to inject; let the area dry.
5. Remove both caps from the syringe.
6. Fill the syringe with air by pulling the plunger back to your prescribed dose.
7. Insert the needle into the top of your vial. Slowly press the plunger all the way in. This pushes the air into the vial and makes it easier to withdraw your medication.
8. Without removing the needle, flip the vial upside down, and withdraw your prescribed amount of units.
9. Remove the needle and check for air bubbles. Tap the syringe until they disappear, then gently push the plunger to remove any air.
10. Slightly pinch skin at the chosen injection site, then push the needle all the way into the skin at a 90-degree angle.
11. Push the plunger all the way down, then release the skin and remove the needle.



Tips for injecting

1. Inject in the upper arm, abdomen (about 2 inches away from belly button), or top of the thigh.
2. Do not inject in the same exact spot. Rotate the injection site.

