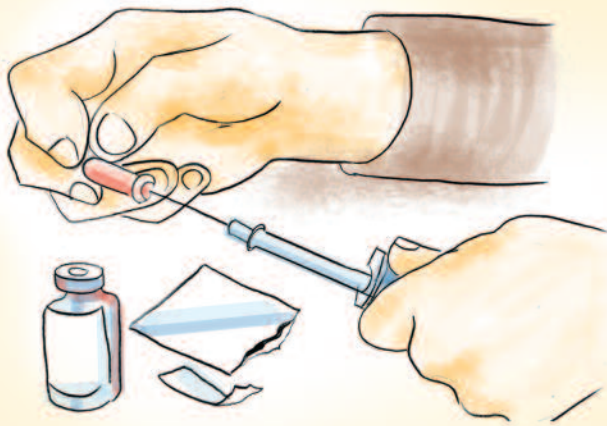


Giving Yourself a Subcutaneous Shot

How to give yourself a shot in the fatty tissue below the skin in the arm, leg or abdomen:



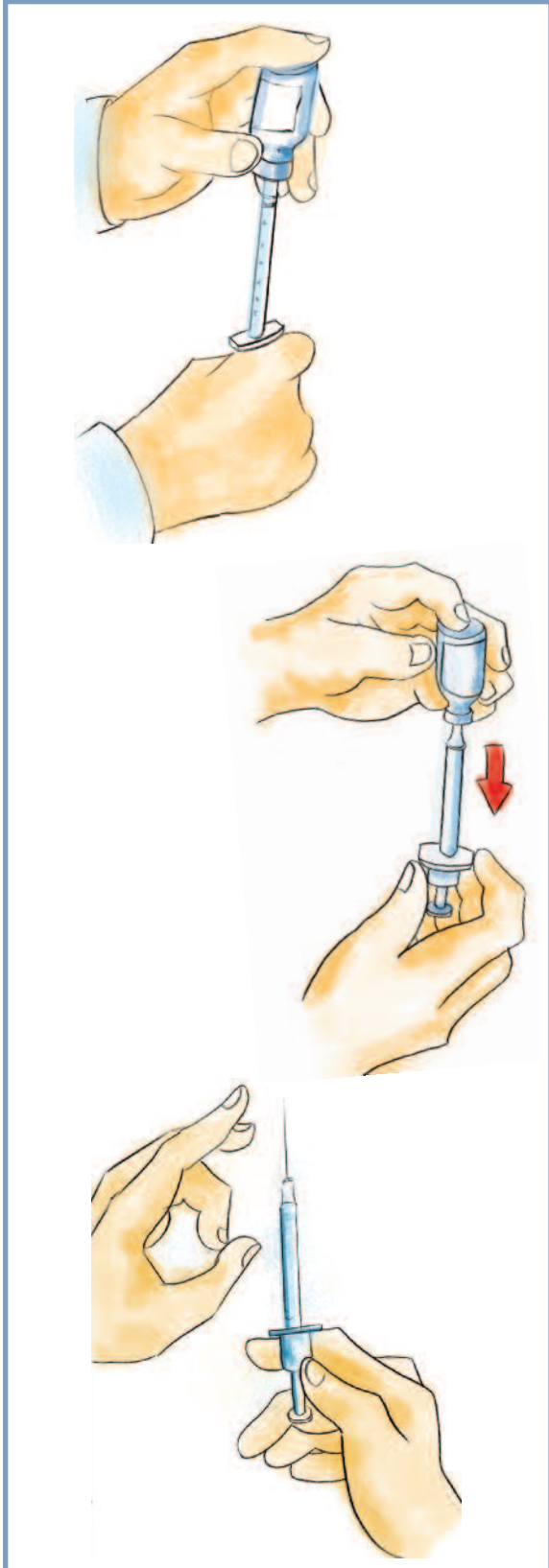
1. Gather your supplies:

- Medication (in a small bottle)
- 70% alcohol swab or cotton ball moistened with 70% alcohol¹
- Syringe with needle
- Sharps container

2. Preparation

- Wash the area where you will set up
- Wash your hands with soap and water and dry them thoroughly
- Check the drug label to make sure it is what your doctor ordered. Check the expiration date on the bottle.
- **Do not use it if:**
 - It is past the expiration date
 - It has small pieces floating in it
 - It is discolored





- Carefully pick up the bottle and syringe and turn it upside down
- Make sure the tip of the needle is in the solution. Pull the plunger back using the flat knob until the right amount is in the syringe.
- Check for air bubbles in the syringe. If you see air bubbles gently tap the barrel of the syringe so the air bubbles float to the top.
- Slowly push on the flat knob until the air is pushed out of the syringe back into the bottle
- Check to see if you have the correct dose
- Withdraw the needle from the bottle. To avoid sticking your fingers, hold syringe upright. Place cap over needle tip and release onto needle. Then snap it in.
- Place the syringe on a clean flat surface
- Decide where on your body you will give the shot
- Wipe the area of skin with a 70% alcohol pad or cotton ball moistened with 70% alcohol. Let it dry.¹

