Giving Yourself a Subcutaneous Shot





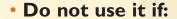
How to give yourself a shot in the fatty tissue below the skin in the arm, leg or abdomen:

I. Gather your supplies:

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



- · 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.



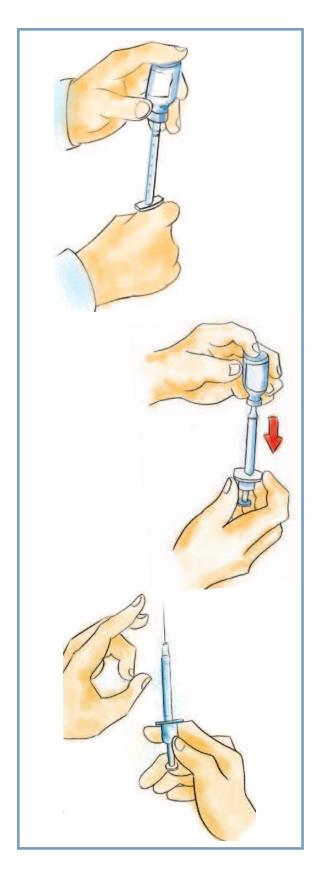
- It is past the expiration date
- · It has small pieces floating in it
- It is discolored



Giving Yourself a Subcutaneous Shot



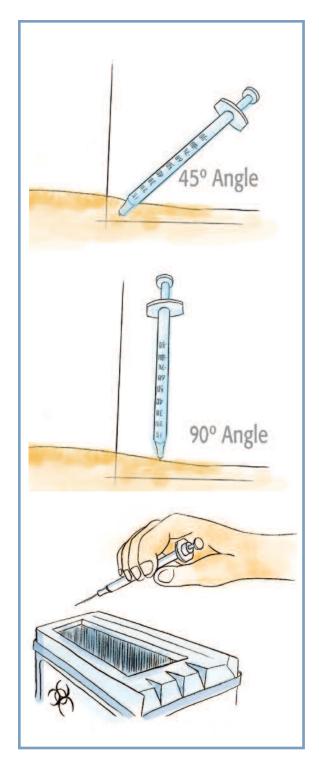
- Remove the lid from the top of the bottle
- Clean the top of the bottle with a 70% alcohol pad or cotton ball moistened with 70% alcohol¹
- Check the needle to make sure it is tightened onto the syringe
- Remove the needle cap by pulling it straight off
- Pull back the plunger of the syringe to the prescribed dose. This will draw air into the syringe.
- Place the drug bottle on a flat surface and push the needle through the middle of the rubber top. Push down on the plunger to push the air into the bottle.



- 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



Giving Yourself a Subcutaneous Shot



- Relax your muscles in the area so the injection will be less painful
- Remove the cap from the needle
- · Hold the syringe with one hand
- Gently pinch the skin up with the other hand where you will give the shot
- Insert the needle at a 45 to 90 degree angle into the skin with a quick firm motion
- Once the needle is in let go of the skin you were pinching. Be sure the needle is still in the skin.
- Pull back gently on the plunger of the syringe
- If you see blood in the tip of the syringe, remove the needle. Change needles on the syringe and start over.
- Gently and steadily push in the plunger until all the medication is injected
- Remove the needle from the skin and place it in the sharps container
- Hold a cotton ball over the site if it bleeds.
 Do not rub the area.
- 1. WHO guidelines: http://whqlibdoc.who.int/publications/2010/9789241599252_eng.pdf
- 2. Basic Nursing- Essentials for Practice. Potter, Perry. (2003) pages 321-324.

Fresenius Medical Care • 920 Winter Street • Waltham, MA 02451 • 800-662-1237 ext HOME (4663)

Fresenius Medical Care, triangle logo, dialysis without boundaries and success@home are trademarks of Fresenius Medical Care Holdings, Inc. or its affiliated companies.

Important: This card is for informational purposes only and is not intended to be medical advice. Questions regarding treatment should be directed to your physician or qualified health care provider. ©2012 Fresenius Medical Care North America. All rights reserved. P/N 100882-01 Rev A 07/2012

