

# MEDICATION SELF-INJECTION PATIENT INFORMATION



# What you need:

✓ Sterile 3 cc syringe

1 per injection



✓ Alcohol Prep Pads

3 per injection



✓ Sterile Vial Adapter Cap

1 per vial



✓ Sterile needles (25 ga)

1 per injection



✓ Sterile vial of Medication

1 vial



# What to Do:

1. Wash hands thoroughly with soap and water.
2. Remove aluminum seal on top of vial.



3. Remove alcohol wipe from packaging and swab the rubber portion of lid moving in one direction.



# What to Do:

4. Remove sterile injection cap from packaging. Place vial on a flat surface and gently insert injection cap straight down into rubber stopper of vial. When properly inserted the injection cap should click into place and should not be easily removable.



# What to Do:

5. Use alcohol wipes and swab the top of the injection cap.



6. Remove syringe from packaging and twist syringe onto injection cap. **Do Not use a needle to insert into the injection cap.** The syringe should be locked securely in place prior to drawing out medication.



# What to Do:

7. Turn vial and syringe upside down and draw up the required amount of medication.
8. Remove air bubbles in syringe by gently tapping the syringe and slowly injecting the air back into the vial.
9. Return the vial right side up and remove the syringe by un-screwing it from the vial injection cap.
10. Place sterile injection needle onto syringe with cap remaining on the needle.
11. Set down the syringe and needle to prep your injection site.

# How to Inject:

12. Swab the injection site with an alcohol wipe and allow a minute or two to dry before injection.
13. For **Subcutaneous injections** (Sub-Q) the preferred site of injection includes:

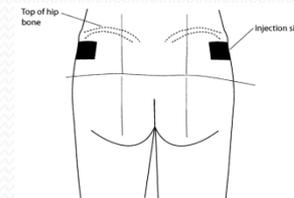
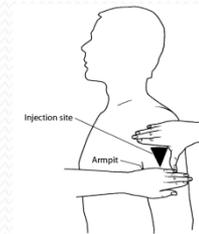
- ✓ abdomen (avoid the navel)
- ✓ side or back of upper arm
- ✓ front of thigh



# How to Inject:

14. For **Intramuscular Injections** (IM) the preferred injection sites include:

- ✓ deltoid (upper arm)
- ✓ outer thigh muscle
- ✓ outer gluteal muscle



# How to Inject:

15. To inject, hold the syringe with your right hand and with your left hand remove the cap on the needle.
16. Place the syringe between your thumb and forefinger.
17. Let the syringe barrel rest on your second finger.
18. For sub-q injection: gently pinch the skin with your free hand. Hold the syringe tightly and inject the needle quickly and completely into the skin at 90° angle or 45° for leaner areas.

# How to Inject:

19. For Intramuscular injections: gently spread the skin taught at the injection site. Hold the syringe tightly and inject the needle quickly into the skin at a 90° angle.
20. Release the skin and push down the plunger of the syringe in a steady motion to inject the medication.
21. Once the medication is injected, remove the needle at the same angle that you inserted it.
22. Press finger or alcohol swab over injection site. It is normal to see a small amount of blood or bruising.
23. Discard the needle/syringe in a sharps container or as directed by healthcare professional.
24. Do not reuse needles/syringes.

# How to Inject:

25. Discard other used materials appropriately.
26. Wash hands with soap and water.
27. Store medication as directed .
28. If you have any questions, please don't hesitate to call us and ask for a pharmacist. We are here to help.

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