MODERN AESTHETICS

# Subcutaneous Injection Instructions

## 1 HOW DO I PROPERLY MEASURE DOSAGE ON A SYRINGE?

Carefully read prescription instructions with the appropriate dosage volume for your injection. Your prescription may be listed in milliliters (mL), units, or both.

### Insulin Syringes

The syringe depicted in image (a) holds a total of 1 mL or 100 units.

### Luer-lock Syringes

The syringe depicted in image (b) holds a total of 1 mL.

**Example unit to mL conversion chart**

| Units marking | Volume in mL |
|---|---|
| 5 | 0.05 |
| 10 | 0.1 |
| 15 | 0.15 |
| 20 | 0.2 |
| 25 | 0.25 |
| 30 | 0.3 |
| 35 | 0.35 |

## 2 WHERE CAN I GIVE A SUBCUTANEOUS SHOT?

There are many sites on the body that are safe to give subcutaneous shots.

### Upper Arm

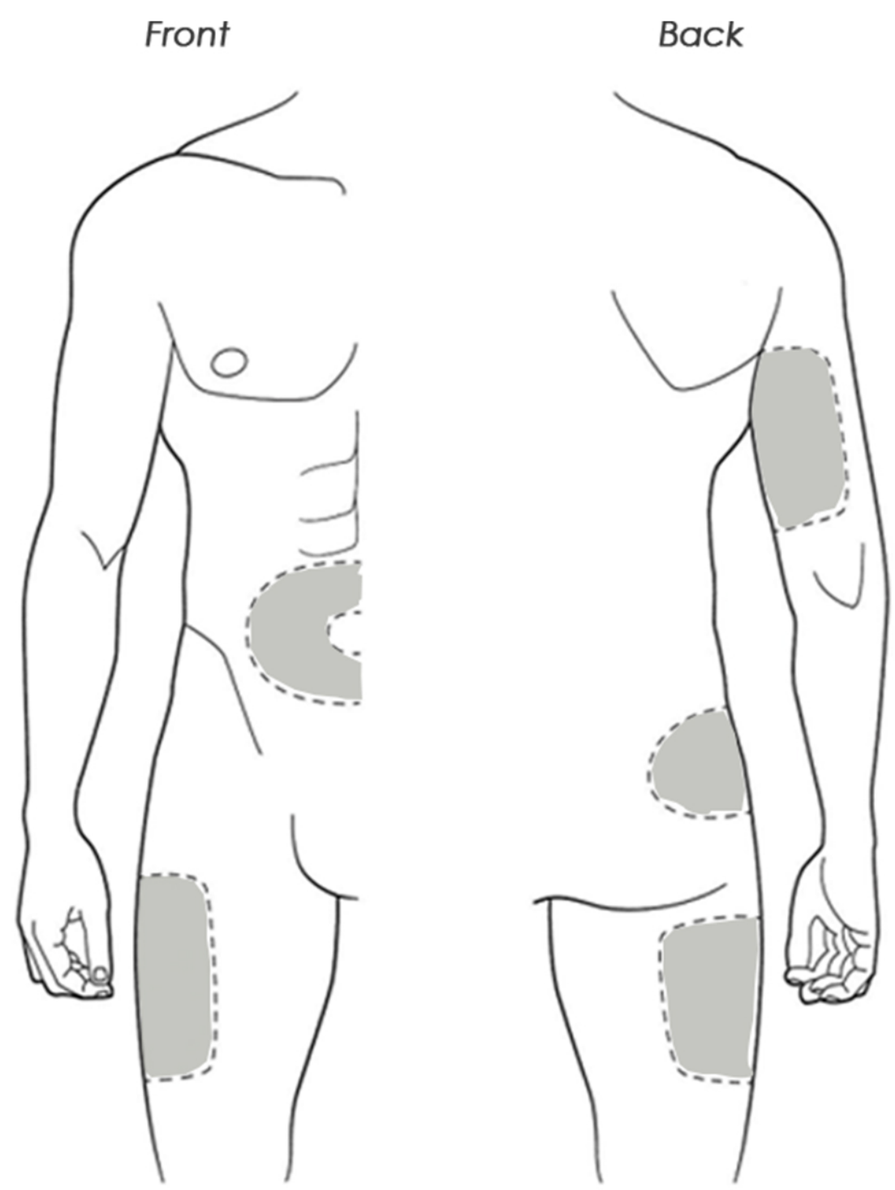
Uncover the arm to the shoulder to see the whole arm. Have the person receiving the shot stand with hand on hip. Stand next to and a little behind the person. Find the area in the middle part of the arm, halfway between the elbow and shoulder. Gently grasp the skin at the back of the arm between your thumb and first 2 fingers. You should have 1-2 inches of skin.

### Abdomen

Uncover the abdomen to see the whole area. Find the waist area. You may give a shot bounded by these landmarks: below the waist, to just above the hip bone, and from where the body curves at the side to about 2 inches from the middle of the abdomen. Use the natural line in the middle of the body as a marker. It may be hard to see, but it is there - unless it was covered by surgery. Avoid the surrounding area 2 inches from the belly button

### Thigh

Uncover the entire leg. Find the area between the knee and hip. The middle of the thigh, from mid-front to mid-side, on the outside part of the thigh is a safe site. Gently grasp the area to make sure you can pinch 1-2 inches of skin




*Sites on the body where subcutaneous injections can be given*

# 3 HOW DO I INJECT MEDICATION INTO SUBCUTANEOUS TISSUE?

Please read the section all the way through before giving the shot. It is important to get a general idea of what you are about to do before you begin. You may read this step-by-step procedure again as you do it.

1. Wash your hands thoroughly with soap and dry them completely.

2. Open the foil covering the alcohol wipe.

3. Wipe the area where you plan to give the shot. Let the area dry.

4. Take the cover off the needle. Hold the syringe with your writing hand and pull the cover off with your other hand, like taking a cap off of a pen.

5. If you give the shot at a 45-degree angle, hold the syringe with your writing hand. Place the syringe between your thumb and your index and second fingers. The bevel of the needle should be pointing upwards at the 45-degree angle you plan to use.

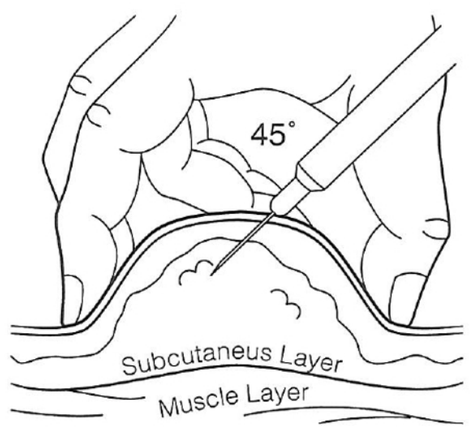
6. If you give the shot at a 90-degree angle, hold the syringe with your writing hand. Hold the syringe under your thumb and first finger. Let the barrel of the syringe rest on your second finger. (Many people hold a pen this way when they write).

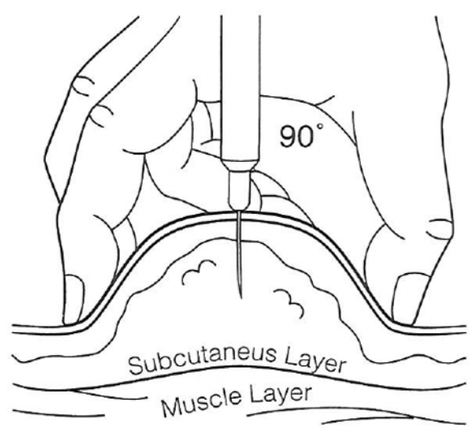
7. Grasp the skin with the hand not holding the syringe. Holding the syringe barrel tightly with your writing hand, use your wrist to insert the needle through the skin. Sometimes the needle goes in easily. Some people have tougher skin and a little more pressure or quickness will be required.

8. Once the needle is all the way in, push the plunger down slowly to inject the syringe's contents.

9. Remove the needle at the same angle you put it in.

10. Dispose of the syringe and needle in a Sharps Container.



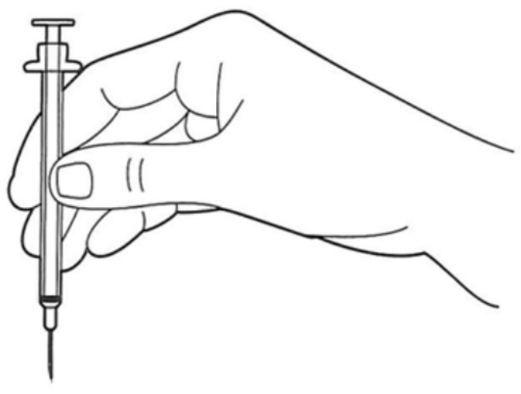




# 4 THE CORRECT ANGLES AND WAYS TO HOLD THE SYRINGE

A subcutaneous (SQ) injection is given in the fatty layer of tissue just under the skin. Syringes for subcutaneous injections will use smaller needles than those used for injections into a muscle. The typical Insulin or TB syringes will have 1⁄2 inch or less needle length because it only needs to go slightly below the skin level. Only certain types of injections can be given through this route.

Subcutaneous shots can be given straight in at a 90-degree angle, or at a 45-degree angle. You can give the shot at a 90-degree angle if 2 inches of skin can be grasped between your thumb and first (index) finger. If only 1 inch of skin can be grasped, give the shot at a 45-degree angle

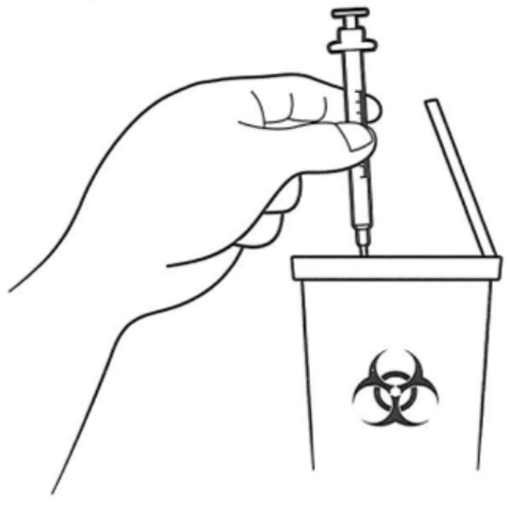
*45-degree angle*



*90-degree angle*

# 5 HOW CAN I GET RID OF USED SYRINGES AND NEEDLES?

AYou can purchase a Sharps Container, which is a hard-plastic container made especially for used syringes and needles, at your local pharmacy. If you did not purchase this container with your medication, you can use a hard-plastic container with a screw-on top such as a clothing softener or hard plastic detergent bottle. Make sure you can easily put both the syringe and the needle into the container.

> Whatever container you choose, make sure that the needles cannot break through the sides, bottom, or top.

Call your primary care physician or your local pharmacy to find out what your state or local requirements are for disposing of used