



Kennebec
Pharmacy &
Home Care

KENNEBEC PHARMACY AND HOMECARE NURSING SERVICE
1-888-463-8083

INSTRUCTIONS FOR SUBCUTANEOUS INJECTION

PREPARING YOUR INJECTION

1. Inspect the vial of medication before you use it. The solution should be clear and there should be no particles in the liquid. Do not use the vial if there are particles or if it is discolored (most drugs are clear and colorless). Discard it and use a fresh vial for this dose.
2. Wash your hands thoroughly with warm soapy water and dry.
3. Remove the plastic cap from the drug vial. Wipe the top of the rubber stopper with an alcohol swab and let it dry for 10 seconds. **(If you have a pre-filled syringe you can skip steps 3-5)**
4. Remove needle cap and draw plunger to proper dosage. Push the needle through through the top of the vial and invert the vial. Inject the air from the syringe into the vial
5. Allow medication to fill the syringe; pull back gently, if necessary to proper dosage. Check for bubbles. If there are bubbles gently tap the syringe with your finger till they rise to the top. Then gently push the plunger to expel the air. Recap the needle without touching the tip.

INJECTING YOUR SUBCUTANEOUS MEDICATION

1. Choose your injection site. (See diagram provided) **DO NOT** use the same area for each injection - rotate sites. Avoid areas that are inflamed, edematous, scarred or covered by a mole, birthmark or other lesion.

2. Clean your skin with an alcohol swab, using a circular motion, outwards.
3. Remove the cap and hold at a 45-degree angle, like a pencil. Gently grasp skin with one hand and insert the needle with a quick jab. The needle should go all the way into the skin.
4. Pull back the plunger a little. If you see blood in the syringe, do not inject the solution. Remove the syringe right away and discard the syringe. Prepare a new syringe and try again.
5. If there is NO blood in the syringe, slowly push the plunger to inject the drug solution.
6. Remove the needle and press the site gently with an alcohol swab or a 2x2 until the bleeding has stopped.
7. Dispose of the needle and syringe in a sharps container provided for you or you can use a detergent bottle with a lid.

MEDICATION:_____ **DOSE:**_____

SCHEDULE:_____

SUBCUTANEOUS INJECTION SITES