



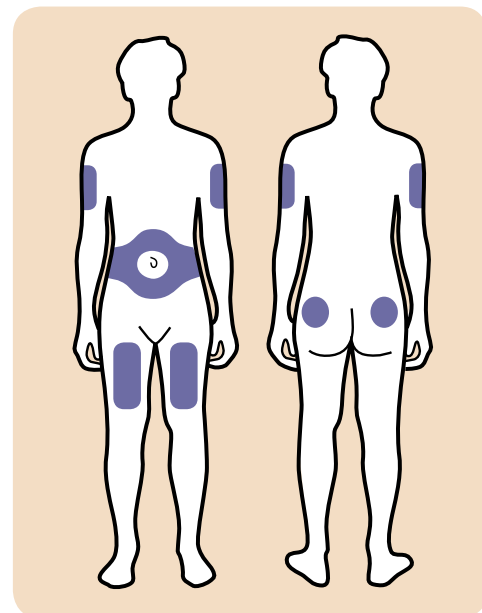
Giving Yourself a Subcutaneous Injection

WHAT YOU NEED

Always keep your supplies in a safe place away from children. The supplies you will need are:

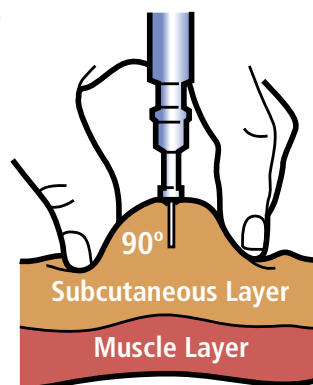
- 1 Medication (prefilled syringe OR vial with syringe).
 - 2 Alcohol swabs or a bottle of 70% alcohol and cotton balls. These items are available at a drug store.
 - 3 Puncture proof disposable container, which can be hard plastic or metal – e.g. coffee can or “sharps” container (available from pharmacy).
- Label your container with tape marked **“BIOHAZARD – SHARPS”**.
 - When your container is almost full tape the lid of the container closed. Put the labeled puncture proof container in your garbage or return it to your pharmacy if they provide this service. Refer to City of Winnipeg guidelines. Call or visit www.winnipeg.ca

- Your abdomen is the best site to use. It is away from your muscles and helps to reduce bleeding and bruising. You can also use your thighs, buttocks and backs of your arms.



WHERE TO INJECT

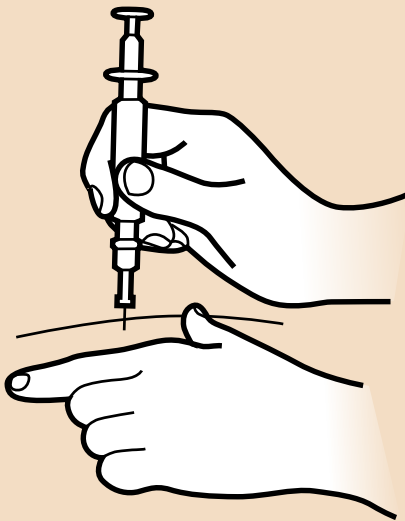
- You will be giving yourself a needle in your subcutaneous tissue.
- This tissue is found under your skin between your fat and muscle layers.



- The sites on the picture above show your subcutaneous tissue.
- Change injection sites each time to avoid soreness at any site.
- Do not use the area within 2 inches or 5 centimeters of your bellybutton.

HOW TO GIVE YOUR NEEDLE: WITH A PRE-FILLED SYRINGE

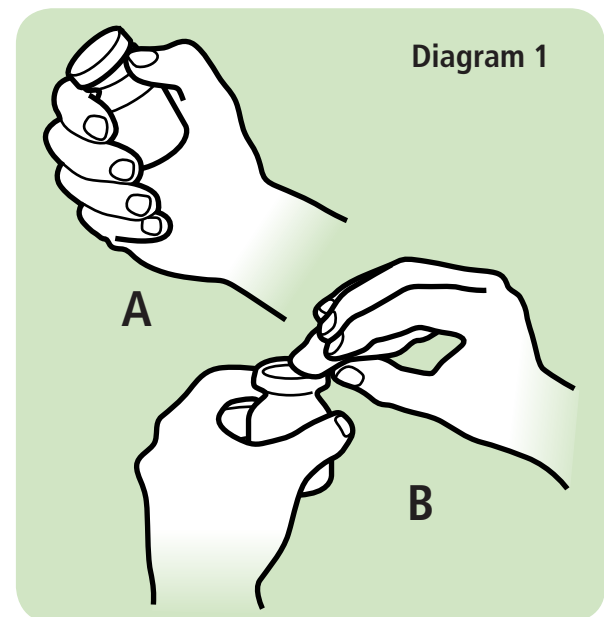
- 1 Wash your hands for 15 seconds with soap and water.
- 2 Select a site from the site diagram (on page 1) that is not scarred, itchy, burning, bruised, red, sore, hard or swollen. You should sit down when you give your needle.
- 3 Gently clean the site with alcohol. Start in the center and move out in a circular motion. Allow the alcohol to dry on your skin.
- 4 Pull the cap off your syringe. Keep a small air bubble in the pre-filled syringe.
- 5 Hold the needle like a pencil or dart in the hand that you use to write with. Use your other hand and gently grab your clean skin to form a skin fold (approximately 1 inch).
- 6 Insert the needle all the way straight up and down in to the skin fold.



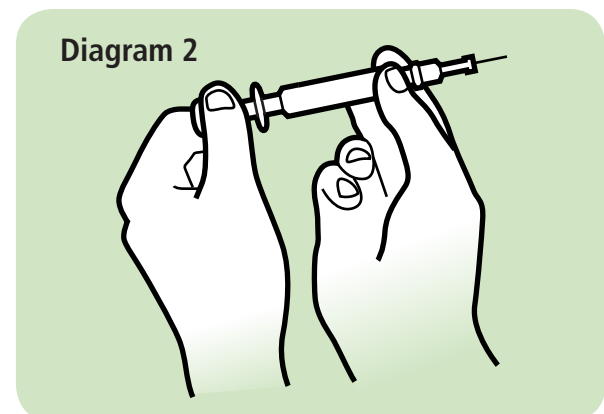
- 7 Slowly push the plunger of the syringe all the way down. Hold the skin while you give the injection. When the syringe is empty, count to 5 then pull the needle out of the skin. Take the needle out in the same way you inserted and let go of the skin at the same time. **DO NOT RUB THE SPOT.**
- 8 Place your used needle in your puncture proof disposable container.

HOW TO GIVE YOUR NEEDLE: WITH A VIAL AND SYRINGE

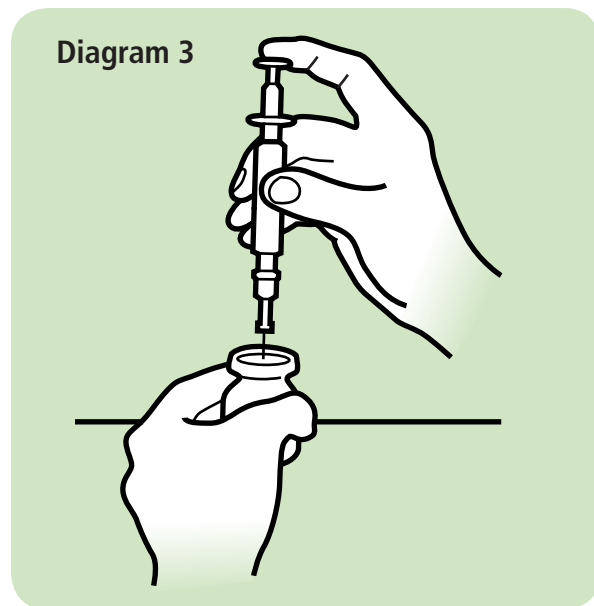
- 1 Wash your hands for 15 seconds with soap and water.
- 2 Remove the cap from the vial to expose the rubber stopper (see Diagram 1 a). Clean the stopper with a fresh alcohol swab or with a cotton ball wet with alcohol. (see Diagram 1 b)



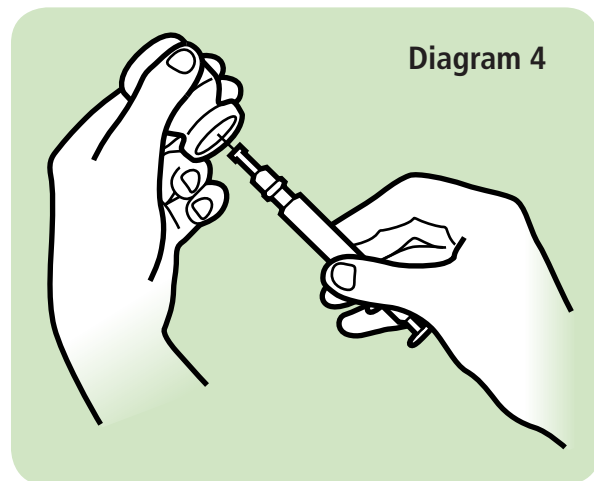
- 3 Remove the syringe from its package.
- 4 With the cap on the syringe, pull back the plunger. Draw air into the syringe. The amount of air in the syringe should be the same (ml, cc or units) as the dose of medication your doctor has prescribed (see Diagram 2).



- 5 Pull needle cap straight off. Keep the vial on a flat surface. Push the needle straight through the rubber stopper. Push the plunger down to inject the air in to the vial (see Diagram 3).



- 6 Keeping the needle in the vial, turn the vial upside down. Make sure the needle tip is in the medication (see Diagram 4).
- 7 Pull back the plunger to draw the medication into the syringe (your desired dose). Ensure the top of the plunger matches with the number of your desired dose.



- 8 Take the needle and syringe out of the vial. Recap the needle.
- 9 Gently clean the injection site with alcohol. Start in the center and move out in a circular motion. Allow the alcohol to dry on your skin.
- 10 Pull the cap off your syringe. Keep a small air bubble in the filled syringe.
- 11 Hold the needle like a pencil or dart in the hand that you use to write with. Use your other hand and gently grab your clean skin to form a skin fold (approximately 1 inch).
- 12 Insert the needle all the way straight up and down in to the skin fold (see Diagram 5).
- 13 Slowly push the plunger of the syringe all the way down. Hold the skin while you give the injection. When the syringe is empty, count to 5 then pull the needle out of the skin. Take the needle out in the same way you inserted it and let go of the skin at the same time. **DO NOT RUB THE SPOT.**
- 14 Place your used needle in your puncture proof disposable container.
- 15 Place any empty vials in your puncture proof disposable container.

