

Giving a Subcutaneous (Sub-Q) Injection

The term “Sub-Q” is short for subcutaneous which means “under the skin”. Your nurse practitioner has prescribed a medication that you will give yourself weekly by injection (shot) under your skin using a pre-filled syringe.



1 Clean your hands

Clean your hands each time you prepare to inject medication into the skin.



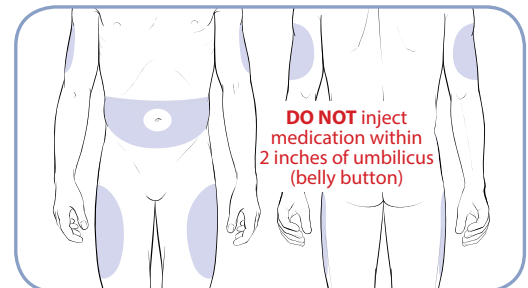
2 Lay out the supplies on a clean surface

- Pre-filled syringe
- Alcohol swab
- 2”x 2” gauze pad (2 pads come in each sterile packet)
- Sharps container (see website for details on sharps disposal)
- Adhesive bandage (ie. Band-Aid), if needed



3 Select an area for the injection

- Use a different injection site each time
- Choose the upper arms, abdomen, or thighs
(These sites are less painful for injection, contain no major blood vessels or nerves, and have the least amount of risk)
- The medication is injected into the fatty tissue under the skin
- **DO NOT** inject medication within 2 inches of the umbilicus (belly button)



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4 Clean your skin

Use the alcohol prep pad provided to clean your skin where you will inject the medicine



5 Prepare to inject

- Carefully remove the cap from the needle
- Hold the syringe in one hand (usually with the dominant hand)
- Use your other hand to hold the skin



6 Give the injection

- Insert the needle into the skin at a 45-degree to 90-degree angle
- Push on the plunger to inject the medicine
- Remove the needle from the skin
- Apply an adhesive bandage (if there is any bleeding)



7 Discard the needle

- Discard the needle and syringe into a sharps container
- Please refer to the Sharps (needle) Disposal section under Resource tab of website. (Information also provided in medication packet).

