



Subcutaneous (Under the Skin) Injections

What is a subcutaneous injection?

A subcutaneous injection (SQ) delivers medicine into the fatty layer between skin and muscle, used to give a small amount of certain kinds of medications. Typical injection sites are the fatty areas on the upper arm, abdomen, and thigh. It is very important to ROTATE the injection sites. This ensures that the medication is absorbed properly. (Using the same site can cause damage to the tissues at that site and will not allow the medication to get into the bloodstream.)

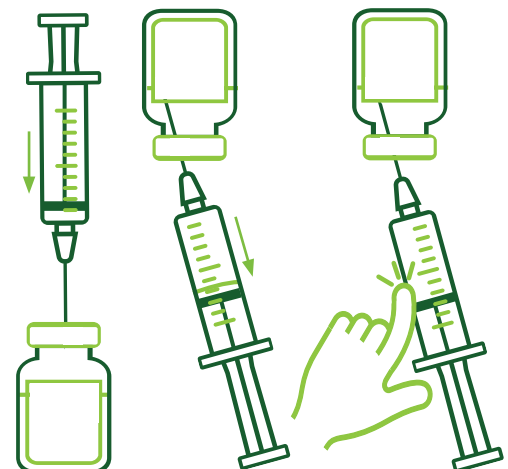
Before You Start:

- Read prescription label and these instructions thoroughly before beginning.
- **Questions?** APS Belmar Pharmacists are available for consultation and questions toll free at (855) 787-4137
- Wash your hands with soap and water.
- Lay out your supplies:
 - Vial of medication in solution form
 - Alcohol pads
 - Needle & smaller syringe
 - Needle/Sharps disposal container



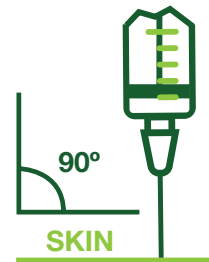
Drawing Up Medication

- Remove cap on medication vial.
- In one motion, wipe top of vial with alcohol pad (do not touch the top of vial once you have sanitized it).
- Remove the syringe and needle from the bag and wrapper.
- Pull back the plunger to the black line that corresponds with the medication dose prescribed. This information can be found on your prescription label. Please note, air is just being drawn into the syringe at this step.
- While holding the barrel of the syringe, insert the needle through the rubber stopper of the medication vial. Then push the plunger all the way down to transfer the air from the syringe into the medication vial.
- While still holding the plunger down, tilt the syringe (with the vial attached) at a slight angle. Making sure the needle tip stays in the solution, pull back the plunger slightly past the line on the syringe specific for your dose. Gently tap on the syringe to remove any air bubbles and adjust the plunger to the prescribed dose.
- Carefully remove the needle and syringe and recap.



Injecting Your Medication

- Select area for subcutaneous injection. Common injection sites include:
 - Upper arm, at least three inches below your shoulder and 3 inches above your elbow.
 - Outer side of upper thighs.
 - Belly area, at or under the level of the belly button, but at least two inches from the navel.
- Clean injection site with alcohol swab and let area dry.
- Hold syringe with your writing hand and pull off cap with your other hand.
- Injections can be given at a straight/90-degree angle if you can pinch at least two inches of skin. If you can only grasp one inch of skin, give the injection at a 45-degree angle.
- Once the needle is in tissue all the way, push the plunger down to inject medication.
- Remove the needle at the same angle you put it in.
- Gently wipe the area with gauze pad and apply bandage if needed.
- Dispose of syringe and needles in a safe container (ie sharps container). For more information on how to dispose of needles safely, visit <https://safeneedledisposal.org>.



Important Safety Information:

- Only use sterile diluent provided by APS Belmar or your provider. Do not use any other water (ie – tap water or spring water).
- Follow your physician's instructions and use medicine only as prescribed.
- Keep out of reach of children and pets.
- Serious adverse reactions should be reported to your physician, APS Pharmacy, and FDA MedWatch (888) 463-6332.



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