

How to Give Yourself a Subcutaneous (SQ) Injection

Steps to follow

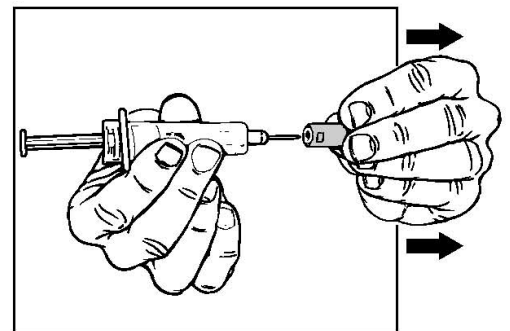
This handout explains how to give yourself a subcutaneous injection. This is a shot that is given into the fatty tissue just under the skin.

Subcutaneous Injections

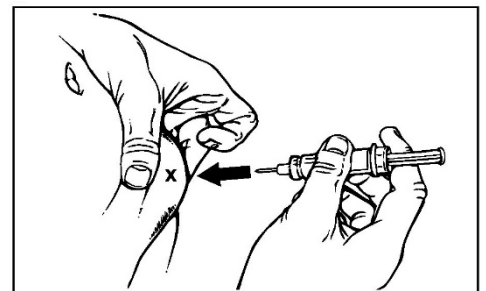
You have been prescribed medicine that must be given by *subcutaneous* (SQ) injection. This type of injection delivers the medicine into the fatty layer of tissue just under the skin.

Steps to Follow to Give Yourself an SQ Injection

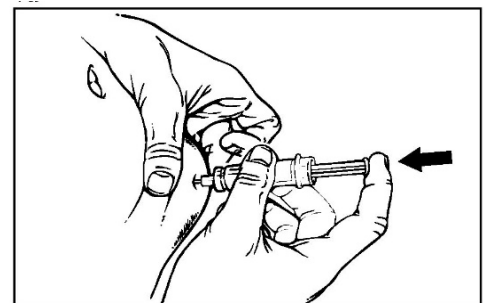
1. Gather the supplies you will need (syringe that contains medicine, and alcohol wipe).
2. Wash your hands well and dry them.
3. Sit or lie in a comfortable position so that you can see your abdomen (belly).
4. Choose an area on the right or left side of your abdomen, at least 2 inches from your belly button. Avoid any areas that are scarred, bruised, or tender.
5. Clean the injection site with an alcohol wipe and allow your skin to dry.
6. Remove the needle cap by pulling it straight off the syringe.
7. Hold the syringe like a pencil in the hand you write with.
8. With your other hand, gently pinch the skin and fat tissue between your thumb and middle finger.
9. Put the needle straight into the pinched skin (**not** sideways or at an angle). Push the needle in all the way.



Step 6



Step 8

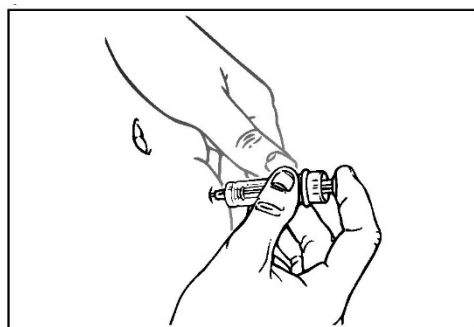


Step 9

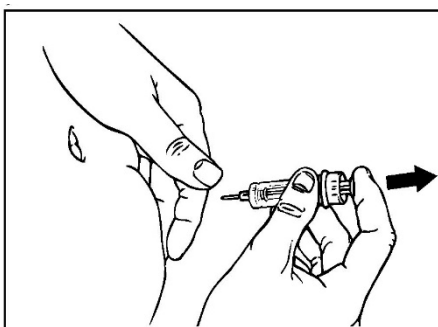


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this handout.

10. Let go of the pinched skin, then inject the medicine by slowly pushing the plunger down.
11. Count slowly to 5, then remove the needle.
12. Throw away the syringe/needle in a “sharps” container.



Step 10



Step 11



Step 12

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- **Pharmacy Services:** 206.598.4088