



How To Draw a Subcutaneous Injection

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[How To Draw A Subcutaneous Injection](#)

Preparing for your injection:

- Clean a flat working surface with soap and water and dry with a clean towel.
- Get your hands germ free. To keep the vial and medicine as sterile as possible, use some sanitizer gel or wash and dry your hands thoroughly.

Assemble the following supplies:

Needle

Syringe with medication vial

Alcohol pads

Gauze

Puncture resistant container to discard the used needle and syringe

- Make sure the vial is the medication your doctor prescribed. Check the expiration date on the vial. Do not use the medication with an expired date.
- Check the wrapping containing the syringe and the needle for damage. If the wrapping has been opened or damaged, do not use the syringe or the needle.

- Remove the cap off the medication vial.
- Remove the cap from the plunger on the syringe.
- Keep the cap on the needle for now.
- Clean the rubber stopper with the alcohol swab.
- Pull back the plunger and draw air into the syringe. The amount of air drawn into the syringe should be the same amount as the dose your doctor prescribed.

Preparing a syringe:

- Pull the cap off the needle. Keep the vial on your flat working surface and insert the needle straight down through the rubber stopper.
- Keeping the needle in the vial, turn the vial and the syringe upside down so the needle points upward.
- Push the plunger down to insert air into the vial. Do this just one time; do not put the needle through the rubber stopper more than once.
- Make sure the liquid is covering the tip of the needle, and then pull back on the plunger to withdraw the correct amount of medication.
- Keeping the needle pointing upward, tap the syringe to push any bubbles to the top. Then slowly push the plunger up, to force the air bubbles out of the syringe.
- Because the injection is given under the skin, the air in the syringe will not hurt you; however, large air bubbles can reduce the prescribed medication dose.
- Put the cap back on the needle, while you prepare the injection site. Select and prepare the injection site:
- Subcutaneous injections can be given in the arms, legs, or abdomen (lower tummy). The medicine needs to be injected into the fatty tissue just below the skin.

- Clean the skin where you want to inject with an alcohol swab. Let the alcohol dry thoroughly, before doing the injection.
- Take a large pinch of skin between your thumb and index finger and hold it. *(Your thumb and forefinger should be about an inch and a half apart.)*
- This pulls the fatty tissue away from the muscle and make the injection easier.
- Inject the needle into the pinched skin at a 90-degree angle. You should do this quickly, but without great force.
- If you have very little fat on your body, you may need to inject the needle at a 45-degree angle to the skin.
- Slowly push the plunger to inject the medication. You should inject the entire amount of medication in the syringe.
- Let go of the pinched skin then withdraw the needle. Put the used needle in a puncture- resistant container.