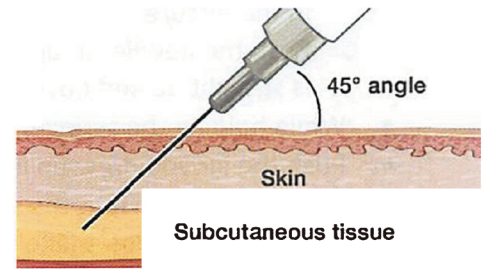


A Patient Guide for Subcutaneous Self-Injection



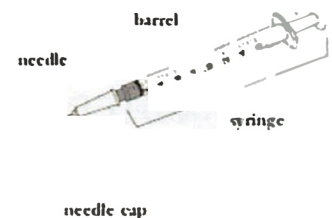
STORING YOUR MEDICATION

- The medication should be stored as indicated on your prescription labeling.
- Discard vial once the Beyond-Use Date has passed or 28 days after first puncture of the vial, whichever is sooner.

SUPPLIES

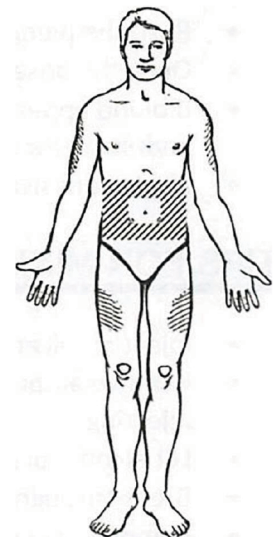
- Your medication
 - Inspect your medication to ensure that it is before the beyond use date
 - Look for color change or particles
 - Medication that has passed the beyond use date or has color changes, floating particles, or is opaque/cloudy should not be used.
- Sterile disposable syringe and needle (most common needle length is 1/2" or 5/8")
- Alcohol pads/swabs
- Sharps disposal container (or another durable plastic re-sealable container)
- Adhesive bandage, if needed

NEEDLE/SYRINGE PARTS



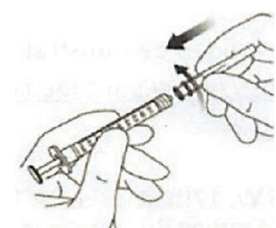
INJECTION SITE

- Subcutaneous injections deposit medication into the fat tissue below the skin.
- Areas to inject:
 - Into the abdomen (at least 1 inch away from the navel)
 - Upper outer thigh
 - Upper outer area of arms (if someone else can give you the injection)
- The injection site should be changed each time to minimize irritation.
- The injection site may vary based on the provider's instructions.

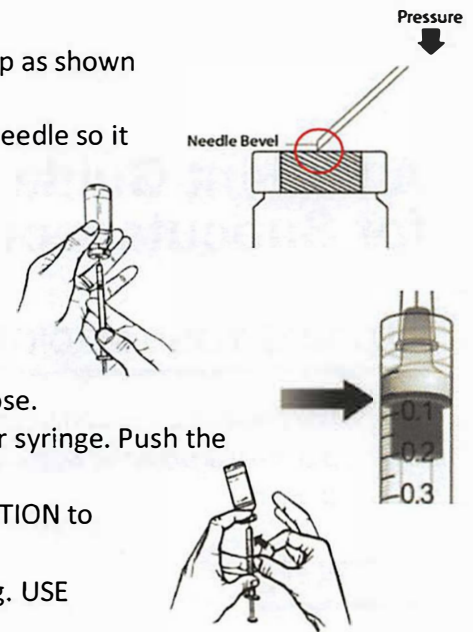


PREPARATION

- Allow medication to come to room temperature.
- Wash your hands with warm water and soap.
- Open the packaging containing the syringe and the needle.
 - While leaving the cap on the needle, screw on the needle to the end of the syringe. USE CAUTION to not touch the areas where the needle and syringe meet.
- Remove the colored seal from the top of the vial to expose the rubber stopper.
- Clean the rubber stopper with an alcohol swab. Allow to air dry.
- Put air into the syringe by pulling the plunger back to the amount of medication to be taken.

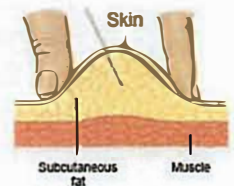


- Steps to proper insertion of the needle into the vial.
 - Remove the needle cap and set aside.
 - Hold the needle at a 45 degree to the rubber stopper with the bevel up as shown in the picture.
 - Push the needle through the rubber stopper. Once through, raise the needle so it is straight up and down, then push the rest of the way in.
- While holding the syringe, flip the vial upside down.
- Push the air you drew up into the vial.
- Draw medication into the syringe by pulling the plunger back to the prescribed amount. Make sure the needle tip is in the liquid before pulling back on the plunger.
 - The black rubber part of the plunger should line up with prescribed dose.
 - Flick the syringe with your finger to push air bubbles to the top of your syringe. Push the air back into the vial and withdraw more medication if needed.
- Turn the vial right side up and remove the needle from the vial. USE CAUTION to avoid touching the needle.
- Rest the syringe on the needle cap so the needle is not touching anything. USE CAUTION when handling the needle!



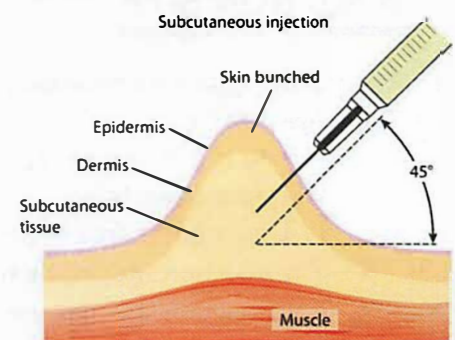
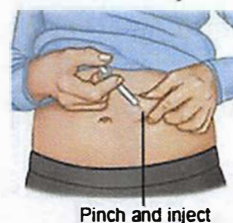
ADMINISTERING YOUR DOSE

- Use a new, clean alcohol pad/swab to cleanse the injection site. Keep alcohol pad/swab to use again after injection.
 - Allow the alcohol to air dry before injection.
- Pinch 1 to 2 inches of skin at the injection site between your thumb and first 2 fingers.
- Insert the needle quickly at a 45-degree angle until it is all the way in.
- Push the plunger on the syringe to administer the medication.
- Once the dose is completely administered, remove the needle and put directly into Sharps container.
- If blood appears, apply gentle pressure to the site with your alcohol pad/swab for a minute.
- Apply adhesive bandage, if needed.



TIPS FOR MINIMIZING PAIN

- Inject medication at room temperature.
- Remove air bubbles from syringe before injecting.
- Let alcohol dry on skin before injection.
- Break through the skin quickly when inserting the needle.
- Remove the needle at the same angle it entered the injection site.



For a video demonstration of subcutaneous injections by the Veterans Health Administration, visit <https://www.youtube.com/watch?v=wXiQHAXopzk>