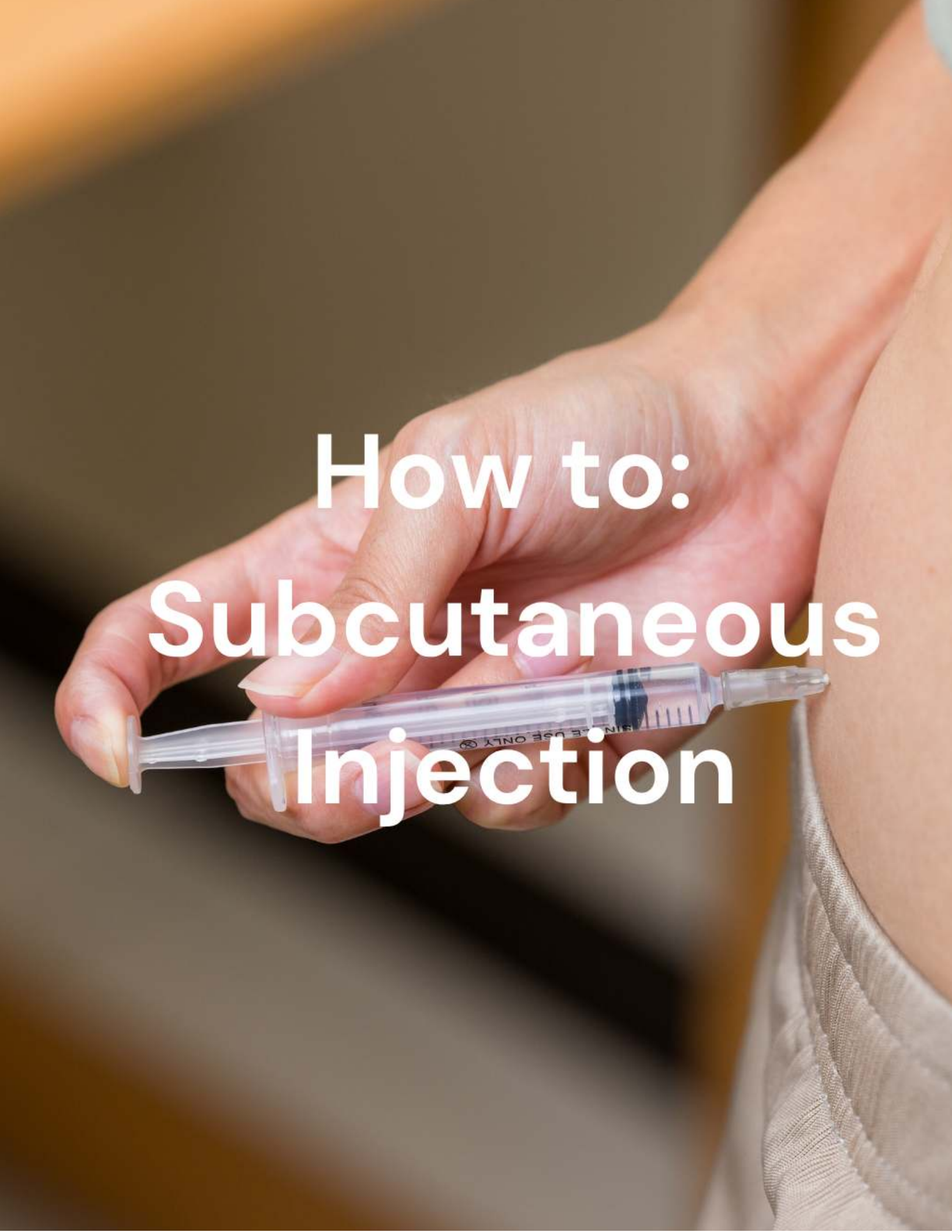


A close-up photograph showing a hand holding a clear plastic syringe with a needle, injecting a person's arm. The syringe has some text on it, including "SINGLE USE ONLY". The person's arm is visible on the right side of the frame, and they are wearing a light-colored, ribbed garment. The background is blurred.

How to: Subcutaneous Injection

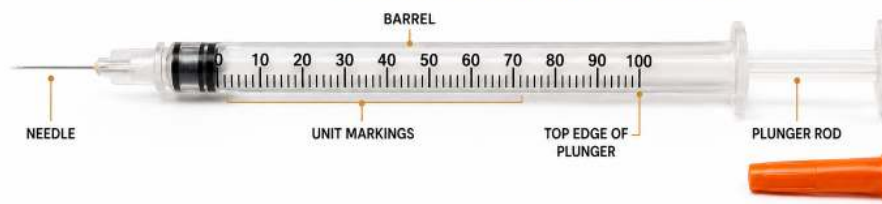
How to Administer a Subcutaneous Injection

PATIENT GUIDE

This guide covers how to read the syringe, where to give a subcutaneous injection, and how to administer the injection step by step.

Reading Your Subcutaneous Syringe

Injectable medications administered subcutaneously often use an insulin syringe and are measured in units rather than in milliliters. Reading the markings correctly is essential to taking the right dose.



- Find the total capacity printed on your syringe (example: 30-unit, 50-unit, or 100-unit syringe)
- Each small line on the barrel represents 1 unit; each larger, numbered line represents 5 units
- Pull the plunger back until the top edge of the plunger lines up exactly with the unit mark for your prescribed dose
- Hold the syringe at eye level when reading the markings to avoid a skewed view of the plunger



EXAMPLE: 30 units
30 units = 0.30 mL

Where to Inject Your Medication

Subcutaneous injection means the injection goes into the fatty tissue just under the skin rather than into muscle. Good injection sites include:

Abdomen: at least 2 inches away from your navel

- Front or outer thigh
- Back of the upper arm

Rotate to a slightly different spot within these areas each time you inject, and avoid any spot that is bruised, scarred, tender, or irritated from a previous injection.



How to Administer the Injection

Here's a [video](#) from a pharmacy partner on how to administer a subcutaneous injection.

Preparing to Inject

- Wash your hands thoroughly with soap and water
- Gather your syringe, medication vial or pen, and an alcohol swab
- Clean the injection site with an alcohol swab and let it air dry completely before injecting

Giving the Injection

- Pinch a fold of skin at the site with your thumb and fingers. Do not pinch or inject within 2" of the belly button
- Insert the needle at a 45-degree angle if you can pinch 1" of skin. Insert the needle at a 90-degree angle if you can pinch 2" or more of skin
- Inject the medication slowly and steadily
- Withdraw the needle at the same angle you inserted it, then release the pinched skin
- Wipe injection area with an alcohol swab after injection
- Apply gentle pressure with a cotton ball or gauze at the site if needed

After the Injection

- Dispose of the needle right away in an approved sharps container. Never reuse a needle
- If you need a sharps container, you can purchase one from a retailer (like [Amazon](#) or Walmart), your local pharmacy, or medical supply store
- Take full sharps containers to a local pharmacy or local doctor's office for disposal, or check your state's disposal rules for other option



Tips for a More Comfortable Injection

- Let the alcohol on your skin dry fully before inserting the needle. Injecting through wet alcohol can cause stinging
- Inject slowly and steadily rather than quickly to help minimize discomfort
- Keep track of your injection sites so you can rotate through them evenly

Questions?

Ask your clinical team through the portal if you have any questions or concerns.

This Information is made available to you through Altro. All content was provided, reviewed, and approved by the medical director of the clinical team.

