

Self-Injection Guide

Supplies

Medication: Verify the type and dosage.

Syringe and Needle: Ensure proper size for subcutaneous injections (insulin syringe)

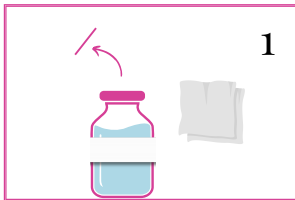
Alcohol Swabs: Maintain a clean injection site

Sharps Container: For safe disposal of used needles.

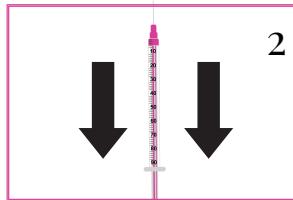
Preparation

Hand Hygiene: Wash hands thoroughly.

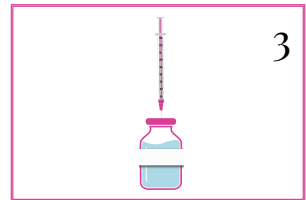
Medication Check: Confirm the correct medication and prepare as instructed.



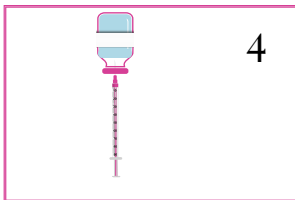
Remove cap & clean rubber stopper w/alcohol swab.



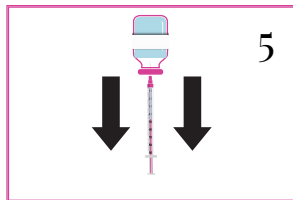
Draw up dose amount in air first to understand quantity.



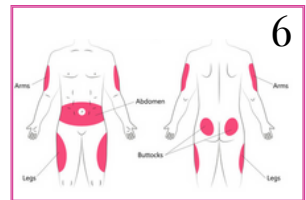
Put needle in vial and inject air in vial.



While needle is inserted in vial, turn vial upside down.



Draw out the prescribed amount of units to inject.



Ensure pinching of skin at the injection site.

Self-Injection Guide

Injection Site

Choose the injection site. Subcutaneous injections are primarily injected into the abdomen or optionally the upper/outer thigh.

Self-Administering

Sterilize the Site: Use an alcohol swab to clean the chosen area.

Skin Pinch: Pinch a fold of skin between thumb and forefinger.

Needle Insertion: Insert the needle at a 90 degree angle.

Needle Removal: Withdraw the needle gently.

Dispose of Sharps: Safely discard used needle and syringe in a sharps container.

Note:

For personalized guidance or concerns, please reach out to Jessica directly either via email or phone. Always adhere to prescribed dosage and guidelines for optimal results in self-administration.



**SCAN HERE TO WATCH A SELF-
INJECTION VIDEO TUTORIAL**

