

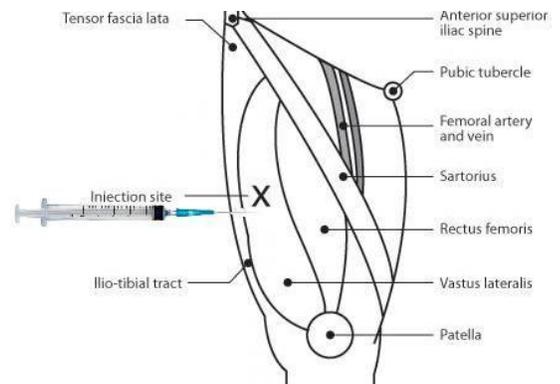
How to Self Inject in 10 Steps

Draw Up Medication

1. Prepare your vial of medicine, needle (s) and syringe, alcohol wipes, tissue or cotton ball, and a band-aid. Check the name, dose, and expiration date of what you are injecting. If it's expired, discard it and call your provider.
2. Wipe off the top of the vial with the alcohol wipe. With the cap on the 18 g needle, draw the amount of mL's in air that you want to inject by pulling back on the plunger. Remove the cap from the needle without touching the needle or allowing anything else to touch the needle.
3. Put the vial on a flat surface and insert the needle into the vial then flip it over, so the vial is upside down with the needle underneath the vial. Push the plunger in, pushing all the air into the vial.
4. With the needle tip in the fluid, slowly pull back on the plunger until the proper amount of fluid is drawn into the syringe. Make sure there are no air bubbles in the syringe by pulling past the amount you need and pushing the air back into the vial. As long as you don't remove the needle, you can let the fluid go in and out as much as needed.
5. When you have the correct amount in the syringe, gently pull the needle out of the vial. To avoid needle stick injuries, place the cap on a flat surface then scoop the needle back into the cap with one hand to re-cap the needle. Pull the plunger back, switch to the 22g needle, and then push the plunger back to your dosage line.

Choose a Site

6. You'll want to alternate legs as well as sites, so remember which site you last injected. Target the spot by visually dividing your thigh (between you knee and hip) into thirds (three equal parts). Your injection site should be in the middle third in the outer part of the thigh, so as to stay to the outside of the midline.



Administer Medication

7. Clean the injection site with an alcohol wipe. Wipe in a circular motion, starting from the center and moving outwards to a circumference of about 2 inches surrounding the injection site. Let the alcohol dry before injecting to decrease pain.
8. Make sure your leg and thigh muscle are fully relaxed. Pierce the skin at a 90 degree angle. Put the needle 2/3 of the way in; it must go through the fatty tissue and into the muscle. The speed you inject the needle doesn't matter but hold the syringe steady. Inject the fluid steadily by pressing the plunger until all of the fluid is injected.
9. Pull the needle out. Again, speed doesn't matter. Sometimes the injection site may bleed a little when you withdraw the needle. Just apply pressure with a clean tissue or cotton ball and use a band-aid if needed.
10. Safely dispose of your needles in a sharps container. Never recap after use. The needle caps and the rest of the waste go in the garbage.