



# Subcutaneous Injection Instructions

Counseling Hours

M-F 9am-6pm EST

Sunday 10am-12PM EST

The Science Behind a Healthy Lifestyle

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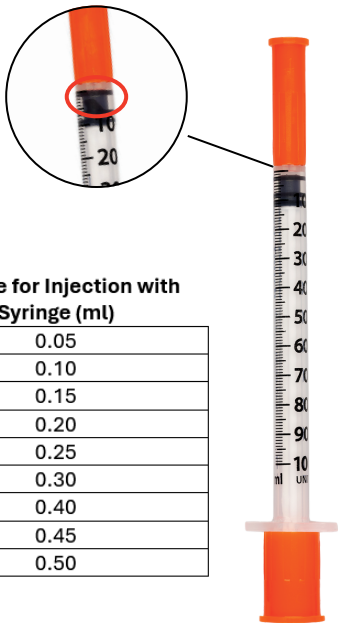
[askthepharmacist@olympiapharmacy.com](mailto:askthepharmacist@olympiapharmacy.com)

# How do I Measure my Dose on a Syringe?

Review your medication instructions to find the prescribed volume for your injection. Your instructions may be listed in milliliters (ml), units or both.

## Insulin Syringes

- The syringes depicted in the image below hold a total of 1ml or 100 units. Dosage should be measured with the top part of the syringe stopper.



U-100 Syringe (Unit Markings)	Volume for Injection with Syringe (ml)
5	0.05
10	0.10
15	0.15
20	0.20
25	0.25
30	0.30
40	0.40
45	0.45
50	0.50

# Where Can I Give Subcutaneous Shots?

## Upper Arm:

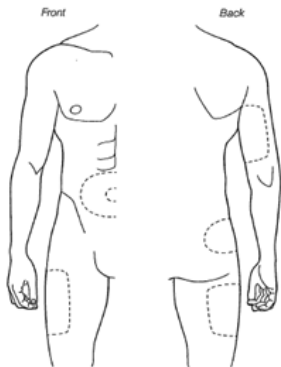
Inject on the backside of the arm, halfway between the elbow and shoulder.

## Belly:

Inject below the ribs and above the hip bones, at least 2 inches away from your belly button.

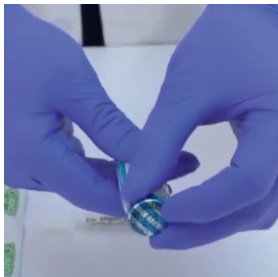
## Thigh:

Inject in the upper portion of the thigh, between the front and outer areas.



Sites on the body where subcutaneous injections can be given

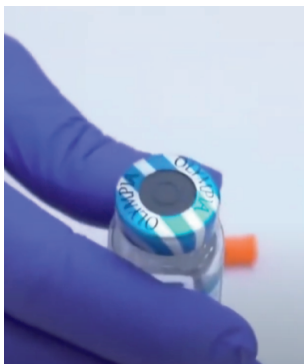
## How to Remove Foil Lid from Vial



Locate the perforated ring in the center of the vial cap.



Place something under the ring to loosen and remove.



Only remove the inner foil ring.  
Wipe rubber stopper with alcohol prior to use.

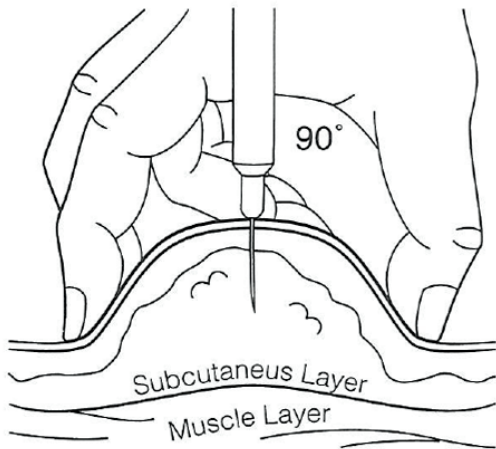
## How Do I Prepare My Dose?

**Please read all sections before giving injection to have an understanding on how to give the injection properly.**

- 1** Wash your hands: Wash your hands prior to starting the process.
- 2** Prepare the vial: Allow vial to thaw. Wipe rubber stopper with an alcohol swab. Discard swab after use.
- 3** Prepare the needle: Remove plastic cover.
- 4** Puncture the vial: Hold vial with non-dominant hand. Use dominant hand to push needle through center of rubber stopper at 90 degree angle.
- 5** Draw up medication: Flip vial over while keeping the needle inserted. Pull plunger beyond prescribed units. Gently tap syringe to bring air bubbles to the top. Push bubbles and extra fluid back into vial until you reach the prescribed units. Remove needle from vial.

## How Do I Inject my Dose into the Subcutaneous Tissue?

- 1 Sanitize injection site: Wipe injection site area with new alcohol swab.
- 2 Prepare injection site: With your non-dominant hand, gently pinch 1-2 inches of skin, making sure to not touch the sanitized area.



## How Do I Inject my Dose into the Subcutaneous Tissue?

- 3** Insert needle: With your dominant hand, penetrate injection site at a 90° angle using a steady and continuous motion until the entire needle is inserted
- 4** Inject the dose: Push down on the plunger with your thumb until entire dose is injected.
- 5** Remove the needle: After removing the needle, press gently on injection site with swab for 3-5 minutes or until bleeding stops.

### How Can I Dispose of Used Syringes and Needles?

Discard needles/syringes used for injection in sharps container or safety container.

For information on proper disposal of medications, please visit <https://safe.pharmacy/drug-disposal/>

