

## Giving a Sub-Q Injection

The term **sub-Q** is short for "sub-cutaneous," which means "under the skin." Your doctor has prescribed a medication that you will give yourself by **injection** (shot) under your skin. Your healthcare provider will teach you how to give the injection. It can be given by you or by a caregiver.

First, write in the name of your medication and when you should get it. Then carefully follow the steps below.

Medication	Schedule	
Use a pre-filled syringe		
☐ Fill the syringe with medication		

### 1 Clean your hands with cleansing solution

- Clean your hands each time you work with your medication
- Rub your hands vigorously until they're dry

#### 2 Make sure the medication label is correct

- Make sure it has your name on it
- Check the drug name and dose
- Check the expiration date

If something is incorrect on the label, call your healthcare provider or pharmacist and **do not use the medication**.

#### 3 Lay out your supplies on a clean surface

- Syringe filled with medication
- Sterile wipes
- Bandage
- Sharps container

#### 4 Select an area for the injection

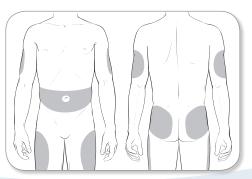
- Use a different area each time
- This medication is injected into the fatty tissue under the skin. Your healthcare provider will show you how to do it correctly.









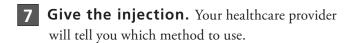


#### 5 Clean your skin

 Use the sterile wipe to vigorously clean your skin where you will inject the medication

#### 6 Get ready to inject

- Carefully remove the cap from the needle
- Hold the syringe in one hand
- Use your other hand to hold the skin





- Insert the needle into the skin at a 45° or 90° angle
- Push on the plunger to inject the medication
- Remove the needle from the skin
- Apply a bandage if there is any bleeding

OR

#### ☐ B. Check for blood

- Insert the needle into the skin
- Pull back on the plunger to check for blood
- If you see blood:
- If there is not blood, push on the plunger to inject the medication
- Remove the needle from the skin
- Apply a bandage if there is any bleeding

# 8 Discard the needle and syringe into the sharps container











If you need help or have questions call:	1
Healthcare provider	
Phone	
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