

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 this injection. It can be given by you or by a caregiver.

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

Medicine _____ Schedule _____

Use a pre-filled syringe.

Fill the syringe with medicine.

1 Clean your hands with cleansing solution.

- Clean your hands each time you work with your medicine.
- Rub your hands vigorously until they’re dry.

2 Make sure the medicine label is correct.

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

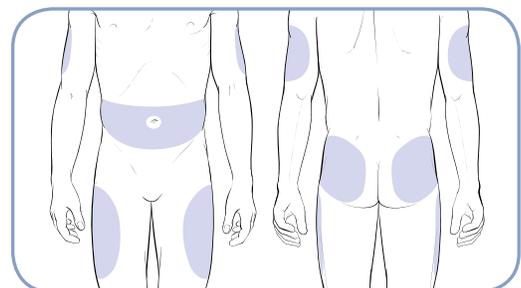
If something is incorrect on the label, call your healthcare provider or pharmacist and **do not use the medicine**.

3 Lay out these supplies on a clean surface:

- Syringe filled with medicine
- Sterile wipes
- Adhesive bandage (such as a Band-Aid[®])
- 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.



These sites are less painful for injections, contain no major blood vessels or nerves, and have the least amount of risk.

5 Clean your skin. Use the sterile wipe to vigorously clean your skin where you will inject the medicine.



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.



7 Give the injection. Your healthcare provider will tell you which method to use.



- A. No need to check for blood** (most injections):
- Insert the needle into the skin at a 45-degree to 90-degree angle.
 - Push on the plunger to inject the medicine.
 - Remove the needle from the skin.
 - Apply an adhesive 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 no blood, push on the plunger to inject the medicine.
 - Remove the needle from the skin.
 - Apply an adhesive bandage if there is any bleeding.



8 Discard the needle and syringe into the sharps container.



Questions for my healthcare provider: _____

Provider name: _____

Phone: _____