



# HOW TO INJECT *SUBCUTANEOUS*



**Wash your hands with  
soap and warm water**



**Clean top of  
vial and your  
injection site  
with an  
alcohol wipe**



**Insert syringe needle  
at 90 degree angle**



**Hold vial tilted upwards,  
slowly pull back until you  
have reached your dosage**



**Turn right side up, withdraw syringe & tap to bring air bubble to top of chamber**

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**Push plunger up slightly to expel air bubble from syringe until tiny droplet appears**



**Locate and clean  
injection site, pinch  
between thumb  
& index finger**



**Inject at a 45-degree angle into a pinched fold of skin, staying at least 2 inches away from the belly button.**

**Always rotate injection sites, alternate sides each time, and inject the medication slowly.**



**Replace cap on syringe  
and dispose of needle  
in a sharps container**

