

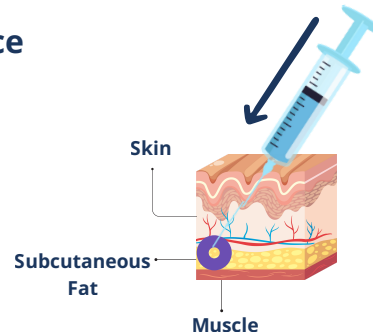
ALL YOU NEED TO KNOW ABOUT

SUBCUTANEOUS INJECTING

What Is a Subcutaneous Injection?

Subcutaneous injection involves injecting a substance into the fat tissue underneath the skin where it's absorbed into the bloodstream over time.

It's used for medicines that need to be absorbed slowly into the body. This method is often used for things like diabetes or weight loss medications, certain hormone treatments, and some medications for pain, nausea, or allergies.



Hold the needle halfway between straight up and flat against the skin. Think of the angle like a ramp or a slide. Then insert with a smooth motion.

Safe Injection Quick Tips!

Find a safe, clean, and well-lit area.



Gather Supplies: Ensure all necessary items are within reach.



Use new, sterile supplies every time. This includes a new needle, syringe, alcohol wipe, and any other items used to prepare or inject.

Wash your hands.



Clean the injection site with an alcohol swab/pad; allow it to dry.

Try to use a different site each time to give your body time to heal. Using the same spot over and over can lead to pain, swelling, scar tissue, or infections.



To prevent infection and ensure proper healing, cover the injection site with a bandage.

Use the supplies and steps that work best for you, like choosing the right spot, angle, needle size, and length.

Safely throw away your used needles in a sharp's container or in a strong, hard plastic container with a lid.



Never inject in a hot tub or bathtub. Warm, wet environments increase the risk of infection and pain.

REMEMBER

If you experience discomfort or pain, check your injection site, angle, and needle size and length. Using proper supplies and practices can reduce pain and prevent additional harms.

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What You Need To Know About Needle Lengths and Gauges

Needle Gauge refers to the size of hole in the needle. The bigger the gauge number the thinner the needle.

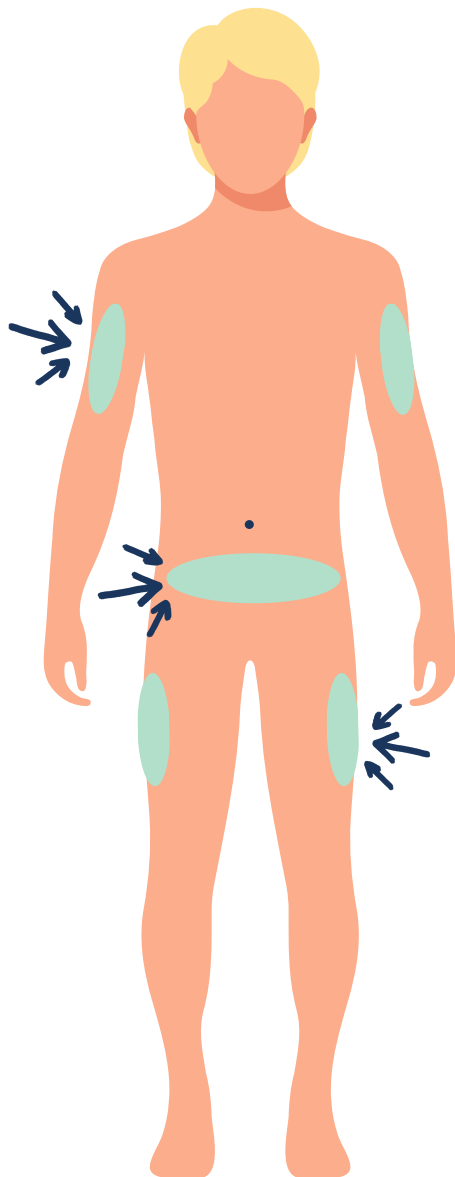
Needle Length matters because it helps the substance reach the right spot, work properly, and lowers the risk of pain or damage to the skin, veins, or muscle.

- **Shorter needles** are commonly used for Subcutaneous Injections.
 - **Common Size:** a needle length between **5/8-1/2 inch**.

Common Gauge Sizes

- 28G Thicker
- 29G
- 30G
- 31G Thinner

**these are common sizes, use what feels best and safest for you.*

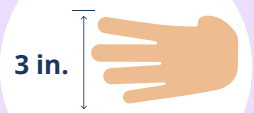


Locating The Spot!

Subcutaneous injections are often administered in the stomach, outer thighs, or upper arms.

Arm Injection

- At least 3 inches below your shoulder and 3 inches above your elbow, on the side or back of arm.



Stomach Injection

- Below your ribs and above your hip bones, at least 2 inches away from your belly button.

Thigh Injection

Aim for halfway between your knee and your hip on the outer part of the thigh!

- Place one hand above the knee and your other hand below the groin.
- The injection goes in the outer part of the thigh, anywhere in between the hands.

