



## How to Give a Subcutaneous Injection

- First, wash your hands with soap and water and dry them thoroughly.
- If using an alcohol wipe. Wipe the area where you plan to give the injection. Let the area dry. Do not touch this area until you give the injection.
- Prepare. Hold the syringe with your writing hand and pull the cover off with your other hand. Place the syringe between your thumb and first finger. Let the barrel of the syringe rest on your second finger.
- Grasp the skin. With your other hand, grasp the skin.
- Angle. Subcutaneous injections can be given straight in at a 90-degree- or 45-degree angle. Give the injection at a 90-degree angle if you can grasp 2 inches of skin between your thumb and first finger. If you can grasp only 1 inch of skin, give the injection at a 45-degree angle.
- Insert the needle into the skin. Hold the syringe barrel tightly and use your wrist to inject the needle into the skin. Push the plunger down once the needle is in to inject the medicine.
- Pull out the needle. Remove the needle at the same angle you put it in. Gently wipe the area with the gauze pad.

### Subcutaneous Injection



Pinch and inject

