

Read this “INSTRUCTIONS FOR USE” and the Patient Medication Information before you start using your medication. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment. This resource is meant to help you navigate the injection process effectively.

If you have any questions, please reach out to us at: 406.201.9378, info@busybee-iv.com or www.busybee-iv.com

## YOUR GUIDE TO SELF-INJECTING MEDICATIONS

# Subcutaneous Injections

### What is an subcutaneous injection?

Subcutaneous injections (also known as SQ or SubQ) target the fatty tissue just beneath the skin, offering a convenient and effective way to administer medications. Common injection sites include the abdomen, upper thigh, and upper arm. [Figure 5](#)

Step 1

### Gather your medication and supplies

Assemble your medication, syringes, needles, alcohol wipes, and a sharps container or a puncture proof container (like a plastic milk bottle).

[Figure 1](#)

Figure 1

MEDICATIONS



Step 2

### Needle and Syringe Essentials

For subcutaneous injections, an insulin syringe marked in units is used, Unit marks on the insulin syringe barrel facilitate precise measurement of tiny amounts of liquids, ideal for medications such as insulin that require accurate dosing.

Attached to your insulin syringe is a small needle. [Figure 2](#)

Figure 2

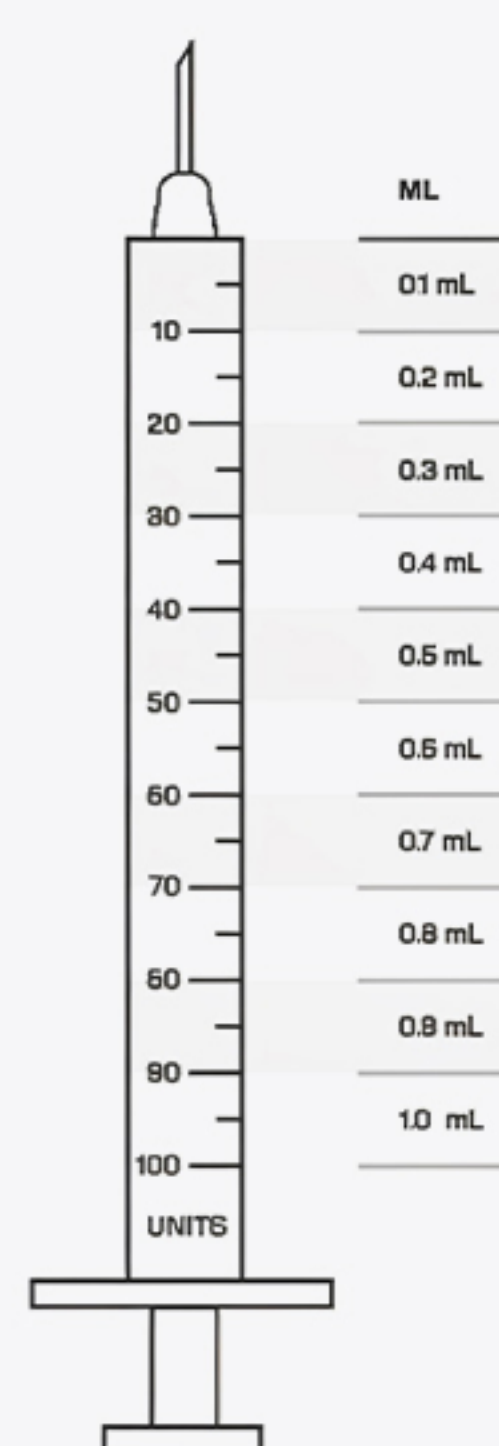
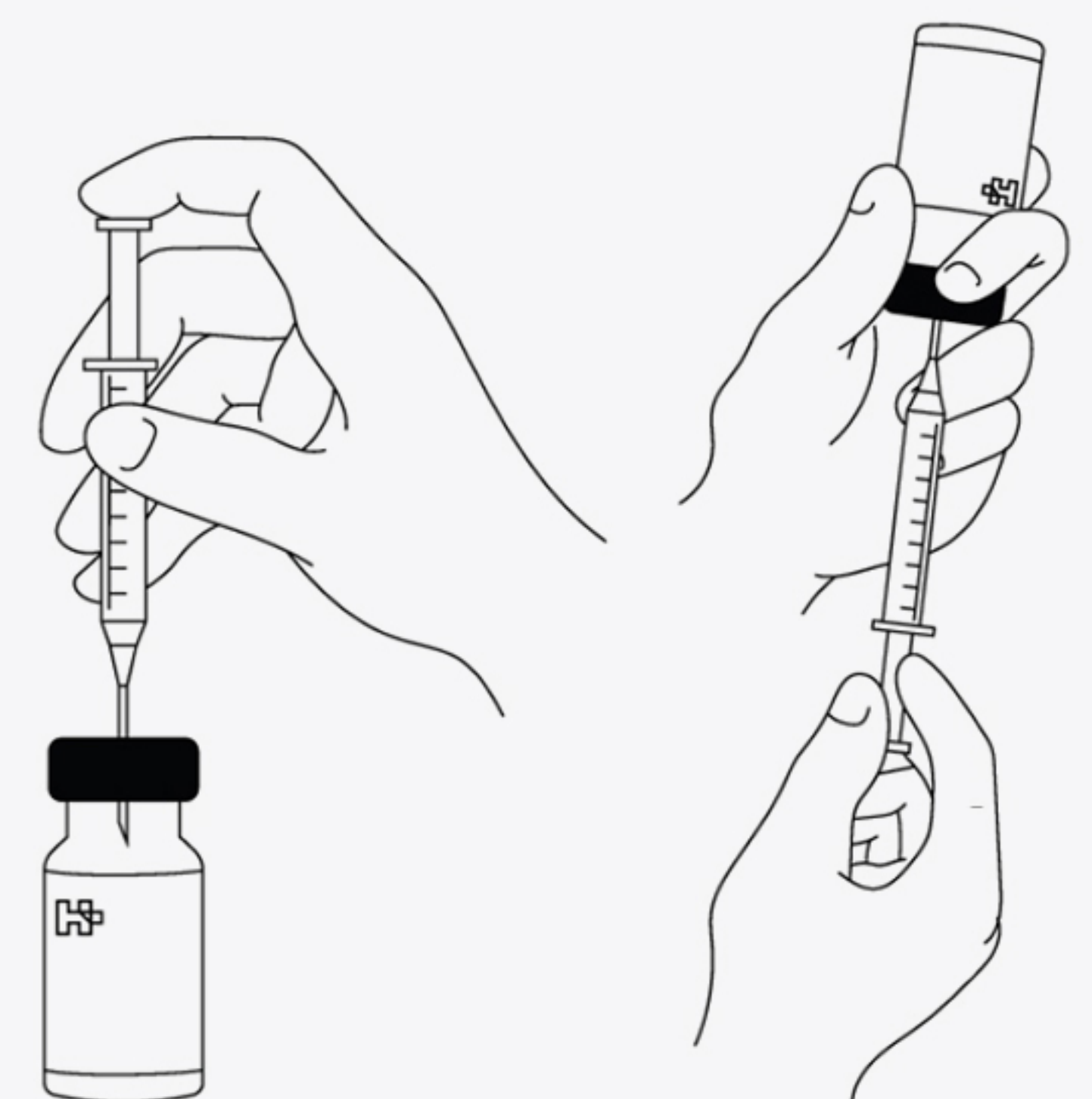


Figure 3

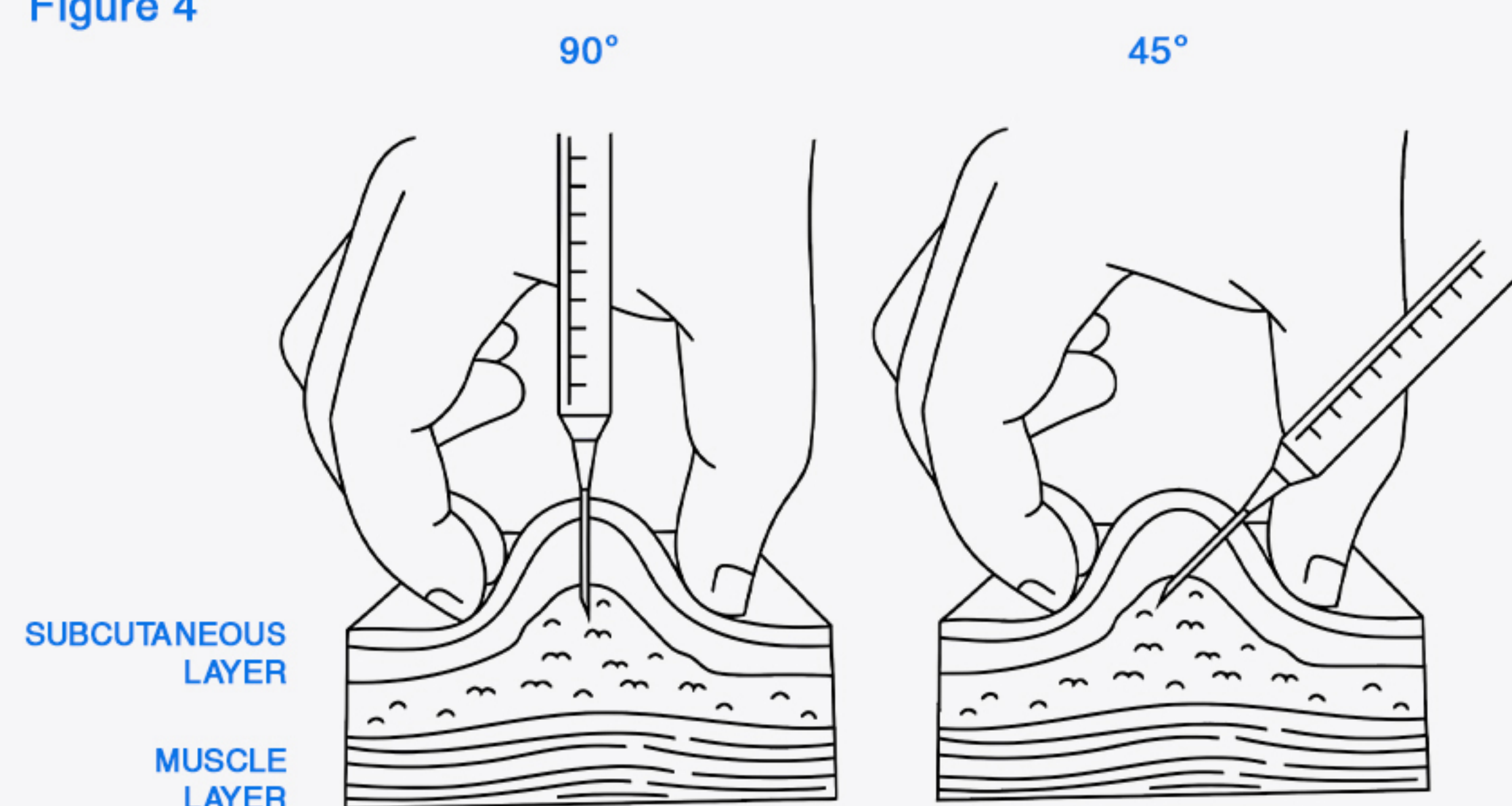


Step 3

### Prepare Your Injection Site

1. Wash your hands thoroughly.
2. Select an injection site (abdomen, upper thigh, upper arm). [Figure 4](#)
3. Clean the chosen site with an alcohol wipe.

Figure 4



Step 4

### Medication Preparation

1. Verify correct medication [Figure 6](#)
2. Confirm dosing instructions as prescribed by your provider.



Step 5

### Drawing Medication from the Vial

1. Flip-off vial cap and expose the grey rubber stopper.
2. Wipe Top of vial with alcohol pad.
3. Insert the needle into the rubber stopper at a 90-degree angle then turn the vial upside down. [Figure 3](#)
4. Gently pull back on the syringe plunger to draw the prescribed amount. Tap the syringe gently to remove air bubbles.
5. Adjust the volume as needed to the prescribed dose.
6. Inspect your syringe for accuracy.

Step 6

### Administer the Injection

1. Pinch the area of the skin where you'll be administering the shot.
2. Push the needle into the pinched skin either straight up and down, at a 90-degree angle, or at a slight 45-degree angle. [Figure 3](#)
3. Once the needle is in, let go of the skin.
4. Push plunger slowly to inject the medication to minimize discomfort.
5. Upon completion, remove the needle, apply pressure, and massage the area to disperse the medication.

Step 6

### Clean Up

1. Wash hands.
2. Follow the specific storage instructions provided on your vial label for any unused medication. [Figure 6](#)
3. Dispose of used needles in a sharps container. [Figure 7](#)
4. If you don't have a sharps container, you can use a household container that is made of a heavy-duty plastic, can be closed with a tight-fitting, puncture-resistant lid, without sharps being able to come out, upright and stable during use, leak-resistant, and properly labeled to warn of hazardous waste inside the container.

#### Disposing of Sharps Container:

Once your sharps container/needle clipper is full or you are ready to dispose of the containers, please check your community guidelines for proper sharp disposal. For more information about safe sharps disposal, and for specific information about sharps disposal in the state that you live in, go to the FDA's website at: <http://www.fda.gov/safesharpsdisposal>.

Figure 5

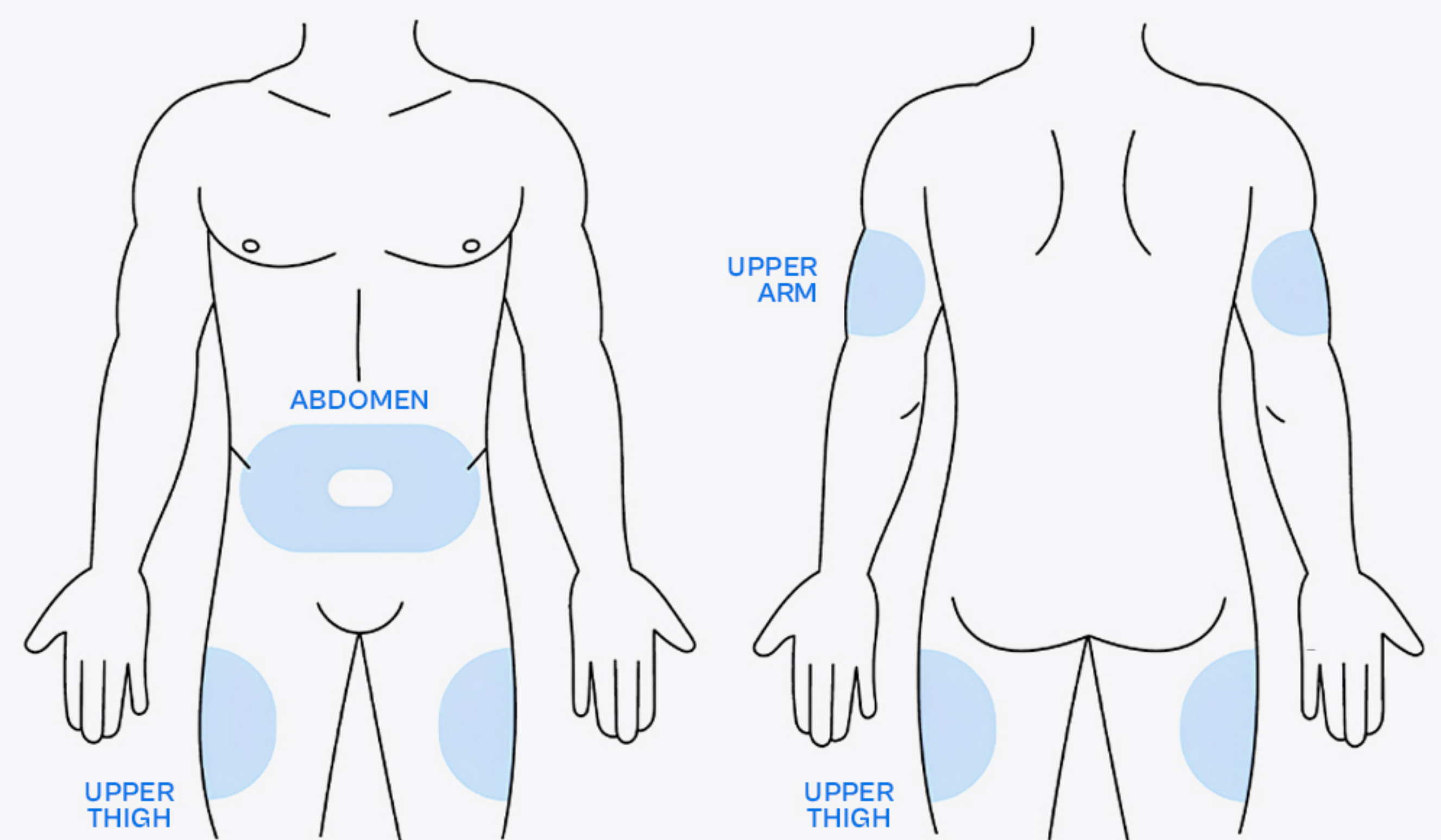


Figure 6



Figure 7



Or you may have a needle clipper device. Please follow instructions on clipper.

### When to seek medical attention

- If there is evidence of an allergic reaction including having trouble breathing, a body rash, or swelling of the face or throat.
- Local irritation, redness, slight burning, swelling, and hard bumps over the shot area may be normal. Oil based injections may remain in the injection site for a few days. Contact your physician if it worsens.