1 Prevent Infection

Wash your hands: use soap & water, hand sanitizer or alcohol swabs

Use new, sterile equipment each time

**Supplies Checklist**

- A clean surface
- 18g needle (to draw up the medicine)
- 22/23g needle (1 or 1 1/2 inches for self-injection)
- 2 alcohol swabs
- syringe (1-3ml)
- cotton swab or tissue
- bandage
- sharps container
- medication (know your dose)

Talk to your care provider about how to choose the right supplies for you (ex. barrel size, needle gauge & length)

2 Prepare Syringe

Get medicine ready

- Clean top of vial with alcohol swab

Attach needle to barrel

- Open wrappers for 18g needle and barrel
- Using twisting motion to connect needle and barrel
- **Tip:** Prevent the connection points from touching surfaces

Draw air in to the syringe

- Pull the plunger back to draw air into the syringe
- Draw up the same amount of air as your dose

Inject air into vial

- Remove the needle cap
- Push needle through rubber stopper
- Inject air into vial
- Keep needle inside vial
3 Withdraw Medication
- Turn needle and vial upside down
- Keep needle tip in the liquid
- Pull plunger to withdraw medication

Remove air bubbles
- With the needle pointing upwards, flick syringe to push any bubbles to the top
- Gently press the plunger to push bubbles out
- Make sure you have the correct dose
- Remove needle from vial
- Recap needle
- Tip: If small air bubbles remain, they are not dangerous

Switch needles
- To prevent wasting medication, pull a big air bubble into syringe
- Twist off 18g needle top and dispose in sharps
- Attach preferred needle (22g or 23g)
- Push the air bubble out and recheck your dose

4 Find Injection Site
The vastus lateralis is the muscle on the upper, outer part of the thigh
To find it:
- Place one hand above the knee
- Place another hand below the groin
- The injection goes in the outer part of the thigh, anywhere in between the hands

5 Give Injection
With clean hands, use alcohol swab on injection site
- Wipe from the centre and spiral outwards
- Dry for 30-60 seconds
- Gently pinch up skin around the site
- Use a different site every time you inject
- Choose a spot with no swelling, hardness, irritation or bruising
- Avoid injecting into scar tissue if possible
- Take a deep breath and relax your muscle
- Hold the needle at 90 degrees
- Insert the needle quickly, with a smooth motion

6 Finish Injection
Release skin
- Slowly push plunger to inject medicine - you may feel a bit of stinging or pressure, that is ok
- Hold needle in place for 10 seconds
- Pull needle out in one smooth motion
- Dispose needle in sharps container
- Use a cotton swab to apply gentle pressure until bleeding stops
- Apply bandage

Find and return injection supplies in BC: towardtheheart.com/site-finder