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)
- 25, 26 or 27g needle (5/8 or 1/2 inch 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
- Use twisting motion to connect needle and barrel
- Tip: Prevent the connection points from touching surfaces

Draw air in to 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 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 (25g 26g, or 27g)
- Push the air bubble out and recheck your dose

4 Find Injection Site

The medicine can be injected in to **fat tissue just below the skin** in two areas:
1. the **abdomen** (except for 1-inch around the bellybutton) and
2. the **upper, outer** area of the **thigh**

To find the area **on the thigh**:
- 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**
- Use a different site every time you inject
- Choose a site with no swelling, hardness, irritation or bruising
- Avoid injecting into scar tissue if possible

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
- **Hold needle at 45 degrees**
- **Take a deep breath** and try to relax
- **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