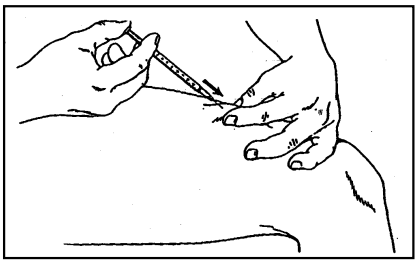
vitalcare INFUSION SERVICES

Administering a "Subcutaneous Injection"

Introduction



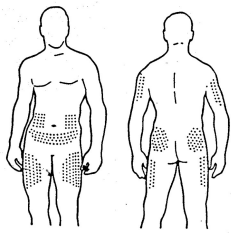
The medication prescribed for you will be given by an injection into the **subcutaneous** (SubQ) tissues. ("Subcutaneous" means "under the skin".) You or your caregiver might need to learn how to give the medication yourself. If so, your home care nurse will teach you how to do it correctly. Always feel free to ask any questions about your therapy or anything you are being taught to do.

Follow these directions to safely use subcutaneous injection techniques.

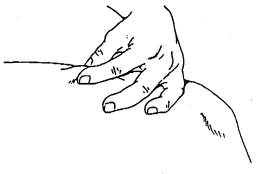
Supplies

- A syringe containing the injection medication
- Subcutaneous injection needle
- Alcohol wipe
- Sterile gauze or bandage
- Soap or alcohol based gel for hand washing

Steps



1. Remove your medication syringe from the refrigerator 1-2 hours before you need to use it. Allow to warm to room temperature.
2. Assemble supplies and prepare a clean working area.
3. Wash hands as instructed by your home care nurse.
4. Remove the outer wrapper from the injection needle. Remove the protective cap from the tip of the syringe. Attach the syringe to the needle by rotating the needle onto the syringe clockwise. They should be firmly attached. Remember to use a new needle with each medication administration.
5. Look at different possible injection sites and select one. (Sites should be "rotated" to prevent overuse of tissue in one area. See the diagram of potential sites to the right.)



6. Use the alcohol to clean and prepare the skin at the site.
7. Remove the cover from the SubQ needle.
8. Pinch the skin at the SubQ site and insert the needle so that it enters the skin at a 30° to 45° angle.

9. Draw back on the syringe. If there is no blood return, you can proceed with the rest of the procedure. *But*, if there is a blood return you must remove the SubQ needle, attach a new sterile needle to the syringe, and begin the procedure over at a different site.
10. Slowly inject the medication over the time period as taught by your nurse. Your medication should be injected over _____ minute(s).
11. Remove the needle. Apply gentle pressure to the site with sterile gauze until there is no bleeding. Apply a gauze/tape or a bandage to the site.

Notes and Instructions