



How to Give a Subcutaneous (SubQ) Injection

Subcutaneous injections deliver medication into the fatty tissue just beneath the skin. This method is commonly used for medications like insulin, GLP-1 agonists, and some hormone therapies.

Supplies You Will Need:

- Medication and syringe (or prefilled pen if applicable)
- Alcohol swab
- Cotton ball or gauze
- Sharps disposal container or empty laundry detergent bottle

Steps to Give a Subcutaneous Injection:

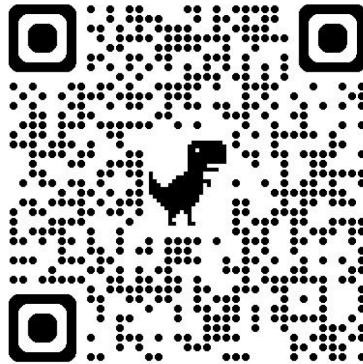
- Wash Your Hands
- Gather Your Supplies
- Place all necessary supplies on a clean, flat surface.
- Prepare the Medication
- If using a vial and syringe:
 - Clean the rubber stopper with an alcohol swab.
 - Draw the prescribed amount of medication into the syringe, avoiding air bubbles.
- If using a prefilled pen
 - Attach the needle if required.
 - Prime the pen according to manufacturer instructions
- Choose the Injection Site
- Common areas include:
 - - Abdomen (at least 2 inches away from the belly button)
 - Outer part of the upper arms
 - Front of the thighs
 - Upper buttocks
 - Rotate sites with each injection to prevent irritation.
- Clean the Area
 - Use an alcohol swab to clean the skin where you'll inject.
 - Let the area dry.
- Pinch the Skin
 - Gently pinch a fold of skin between your fingers to lift it away from the underlying muscle.
- Insert the Needle
 - Hold the syringe or pen like a dart.
 - Insert the needle at a 45- to 90-degree angle, depending on needle length and body fat.

- (For most adults, a 90-degree angle is fine with short needles.)
- Inject the Medication
 - Press the plunger or activate the pen steadily until all the medication is injected.
- Withdraw the Needle
 - Remove the needle at the same angle it was inserted.
 - Apply gentle pressure with a cotton ball or gauze if needed. Do not rub the area.
- Dispose of the Needle Safely
 - Place the used needle and syringe in a proper sharps container.

Important Reminders:

- Always use a new needle and syringe for each injection.
- Never reuse needles.
- Rotate injection sites to avoid lumps, scarring, or irritation.
- Dispose of sharps safely according to local guidelines.

Scan the QR Code below to watch a video on how to properly administer a subcutaneous (SubQ) Injection



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