

Guide to Subcutaneous Self-Injections

(Vial)



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

Setting up:

1) Find a comfortable, well-lit working place and self-inject at the same time each day.

Refer to product label/monograph/pharmacist for storage and specific preparation information.

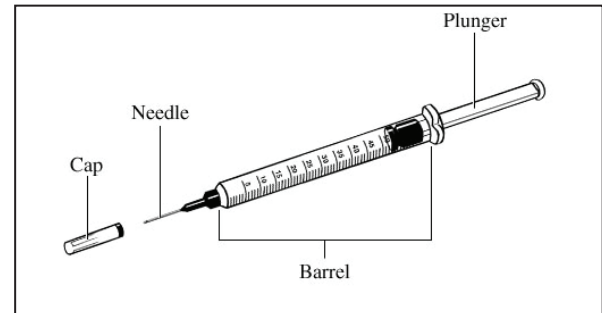
Clean a flat surface area, preferably with alcohol.

Assemble the supplies:

- Medication vial
- Sterile syringe with needle
- Alcohol swabs x 2
- Gauze or Cotton Ball or Band Aide
- Puncture proof and leak proof container with a lid

Check off the angle you were taught to use by the nurse for your injections

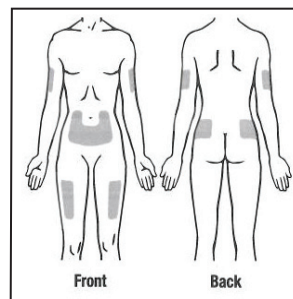
45° angle or 90°angle



Selecting & preparing the injection site:



2) Wash your hands, ensure plenty of lather and friction for at least 15 seconds with soap and water.



3) Select your injection site (*alternate injection sites each time to avoid soreness at any site*).



4) Clean the injection site with an antiseptic swab, rotate out in a circular motion from the site outwards for about 5cm (2 inches).

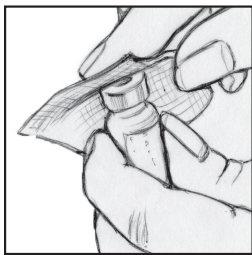
Allow the skin to dry.



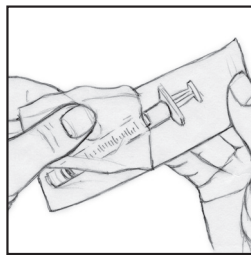
Preparing the medication:

5) Make sure it is the medication your doctor prescribed. Check the expiration date on the vial and do not use if expired (check with a health care professional). Remove the colored cap from the vial to expose the rubber stopper.

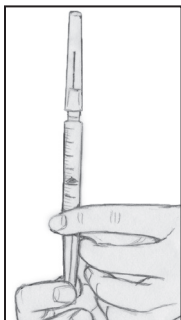
Preparing the medication:



6) Briskly wipe the surface of the rubber stopper with a fresh alcohol swab, allow it to dry.



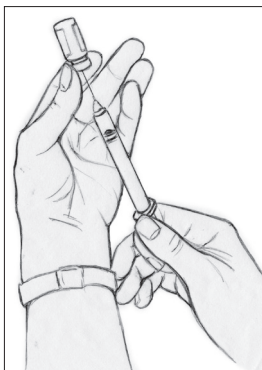
7) Remove the syringe from its package (if the sterile covering is open, dispose of that syringe in the puncture proof disposal container).



8) With the needle cover on, locate on the syringe the amount of medication your doctor prescribed and pull the plunger back allowing air into the syringe up to the line that marks the dose of the medication.



9) Place the vial on a flat surface. Pull the needle cover off and firmly insert the needle straight through the centre of the rubber stopper while holding the vial. Press the plunger with firm pressure and inject the air into the vial (in the space, not the liquid medication).



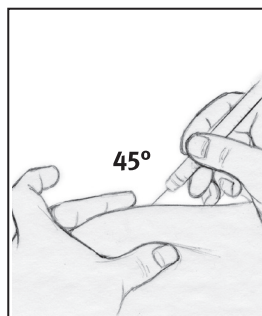
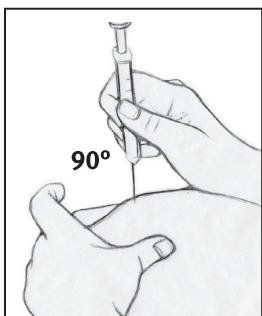
10) Keeping the needle in the vial, turn the vial upside down and make sure the needle is in the liquid medication. Pull back slowly on the plunger and let the medication enter the syringe to correct volume (the line marking), ensure there are no bubbles in the syringe.

11) Remove any air bubbles by first tapping the syringe until the bubbles rise to the top of the syringe barrel, then draw back slightly on the plunger while the needle is in the medication, push the plunger upward again to the correct volume.

12) Remove the needle by holding the syringe by the barrel not the plunger, and ensure the needle does not touch any surface.

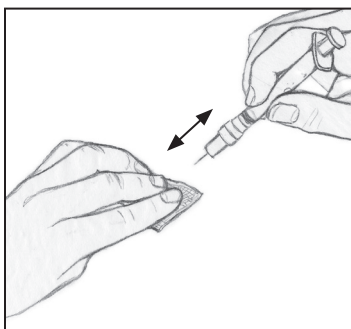
Recheck the volume of the medication.

Injecting the medication:

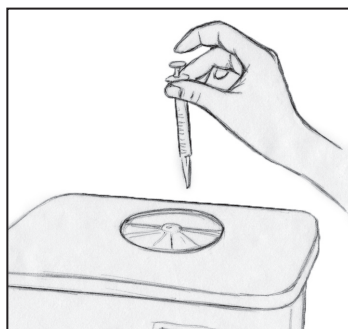


13) Hold the syringe in your dominant hand. With your other hand, pinch a fold on the previously cleaned injection site.

Hold the syringe like a dart, palm down while continuing to pinch the skin and insert the needle with your dominant hand at either 45° or 90° degree angle as advised by the nurse, slowly push down on the plunger until all the medication has been injected.



14) Release the skin and withdraw the needle at the same angle as it was inserted. Apply gentle pressure with a cotton ball or gauze to the site. Do not massage the area.



15) Do not replace the needle cover, put the syringe with the needle directly in the puncture proof disposal container.