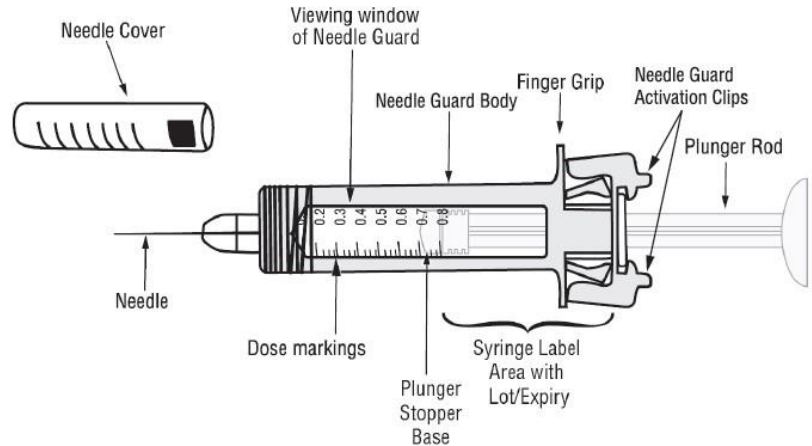


Guide to Subcutaneous Self-Injections (Pre-Filled Syringe)

Setting up:

- 1) Find a comfortable, well-lit working place that you can use to self-inject at the same time each day
- 2) Clean a flat surface area, preferably with alcohol (ie Clorox Alcohol wipes), or another surface disinfectant.



- 3) Assemble the supplies:
 - Pre-filled medication syringe
 - Alcohol swabs x 2
 - Gauze, cotton ball, or band-aid
 - Puncture proof and leak proof container with a lid (ie Sharps container, empty milk or laundry detergent container with lid)

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

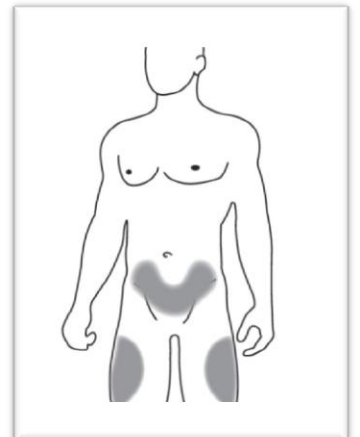
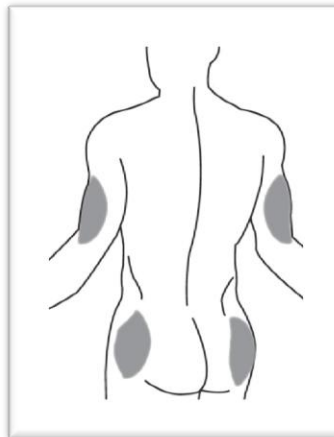
45 degrees ___

90 degrees ___

Selecting and Preparing the Injection Site: Follow instructions from your health care provider about where to give an injection. You can give an injection in the abdomen, the thigh, or the back of your arm. Give the injection in a different spot each time to avoid soreness and bruising.

- 1) Wash your hands with soap and water; ensure plenty of lather and friction for at least 15 seconds. If there is no soap and water, use hand sanitizer.

- 2) Clean the selected injection site with an antiseptic alcohol swab; rotate out in a circular motion from the site, outwards, for about 2 inches. Allow skin to dry.



Preparing the Medication:

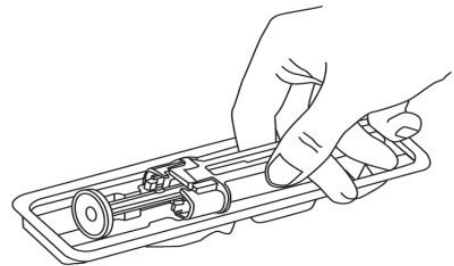
Make sure it is the medication your doctor prescribed. Make sure the name and amount of medication on the syringe matches the pharmacy label.

Check the expiration date on the pre-filled syringe and do not use if expired (check with a health care professional). Make sure the medication is stored as per the medication handout / pharmacist.

- 3) Remove the pre-filled syringe by pulling back the paper backing at the corner tab to open the package all the way (if the syringe packaging is already open or damaged, do not use it and obtain a new dose).

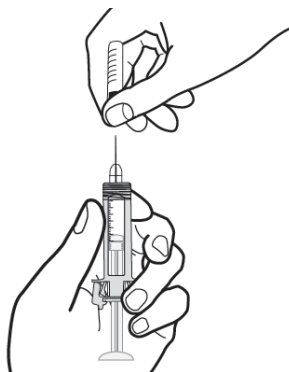


- 4) Grasp the syringe by the needle guard body and pull the syringe out. **Do not** put your thumb or fingers on the plunger rod.



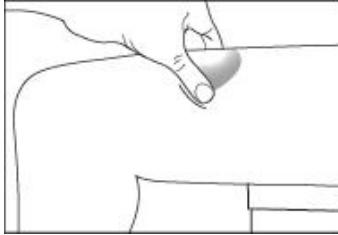
- 5) With the needle cover on, double check for your correct dose. You may notice a small air bubble in the syringe; **do NOT** try to remove this air bubble.

- 6) Pull needle cover straight off by grasping the needle cap and pulling it straight off. Avoid twisting the needle cover.

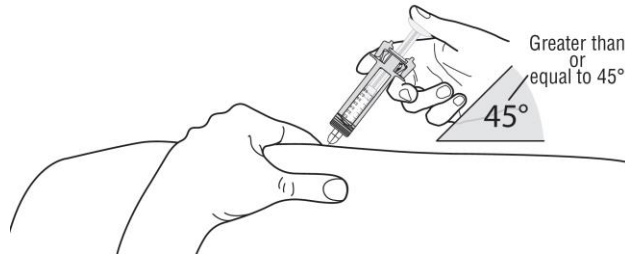
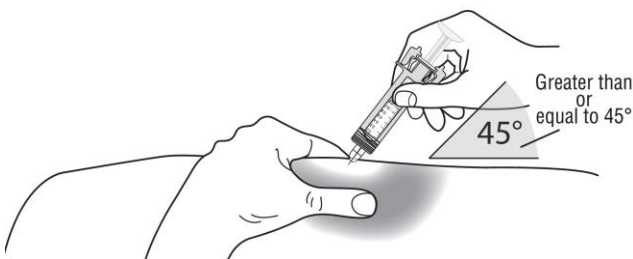


Injecting the Medication:

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



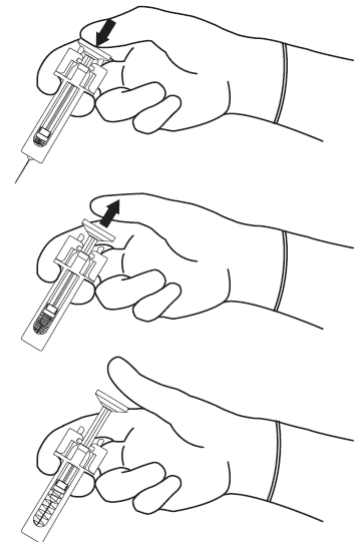
- 8) Hold the syringe like a dart, palm down while continuing to pinch the skin and insert the needle with your dominant hand at either 45° or 90° degree angle (as advised by the nurse). Move your thumb to the plunger rod and slowly push down on the plunger until all the medication and the air bubble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



- 9) Release the skin and withdraw the needle at the same angle as it was inserted. Apply cotton ball or gauze to the site. Do not massage the area. Do not replace the needle cover.

Your syringe has a safety system for shielding the needle after injection: Firmly push down on the plunger after you complete the injection. The protective sleeve will automatically cover the needle, and you will hear a click. The click means that the needle is safely covered.

- 10) Dispose of your syringe in the puncture and leak proof container.



If you need any assistance or have any questions, please call the nursing telephone line at:

_____ during the hours of ____AM and ____PM, Monday to Friday.