



Giving Self-Injections: A Step-by-Step Guide

Important Note: Always follow your healthcare provider's instructions for dosage and administration. If you have any concerns or difficulties, consult a medical professional.

Preparation

1. **Wash Your Hands** – Use soap and warm water to reduce the risk of infection.
2. **Gather Supplies**
 - Alcohol swabs
 - Syringe and needle (as prescribed)
 - Vial of medication
 - Sharps disposal container
 - Clean gauze or cotton ball
3. **Choose an Injection Site**
 - Common sites: abdomen, glute, or upper arm.
 - Rotate sites to prevent irritation.

Drawing Up Medication

1. **Clean the Vial** – Wipe the rubber stopper with an alcohol swab.
2. **Prepare the Syringe**
 - Remove the needle cap carefully.
 - Pull back the plunger to draw in air equal to your dose.
 - Insert the needle into the vial and push the air in (this helps with suction).
 - Slowly pull back the plunger to draw the correct dose.
 - Remove any air bubbles by tapping the syringe and pushing out excess air.

Injecting the Medication

1. **Clean the Injection Site** – Use an alcohol swab and let it dry.
2. **Pinch the Skin** (if needed) – This helps create a stable injection area.
3. **Insert the Needle**
 1. Hold the syringe like a dart at a 90-degree angle (or 45-degree angle for certain injections).
 2. Insert it quickly and smoothly.
4. **Inject the Medication** – Slowly push the plunger down until all medication is administered.
5. **Withdraw the Needle** – Remove it smoothly and dispose of it immediately in a sharps container.
6. **Apply Light Pressure** – Use a clean gauze or cotton ball if needed (do not rub the area).

Aftercare & Disposal

- Dispose of the Syringe Properly – Use an approved sharps container.
- Monitor the Injection Site – Watch for redness, swelling, or unusual pain.
- Store Medication Correctly – Follow storage guidelines (e.g., refrigeration if required).
- Keep Track of Injections – Rotate sites and document your doses.

For additional support, contact us at drdady@drdady.com.