

SUBCUTANEOUS INJECTION PROCEDURE

A. Preparing the Dose

1. Wash your hands thoroughly with soap and water before preparing the medication
2. Check medication to be sure that the drug:
 - Is correct
 - Has not expired
3. Assemble the supplies you will need for your injection (syringe, alcohol wipes, sharps container)
4. Open alcohol wipe to be used to clean the injection site area and place aside
5. Take medication syringe out and carefully remove cap; tap gently and expel any air from the syringe by gently pushing up on plunger
6. Wipe the area of skin that will be used with alcohol and then stabilize the skin by pinching up a large area with your free hand
7. Hold the syringe with the other hand; as you would a pencil; double check that the correct amount of medicine is in the syringe; insert the needle straight into skin (90° angle) and inject medication
8. Hold an alcohol swab near the needle and pull the needle straight out of the skin; press the alcohol swab over the injection site and hold for several seconds
9. Use the disposable syringe only once; discard after each use in sharps container
10. Rotate sites for injections to avoid problems

For any questions or concerns, call your home care nurse according to the instructions your nurse has given you. Horizon Healthcare Services can also be reached 24 hours a day at (717) 290-3590 or toll free at (800) 848-3204.