



How to Give Yourself a Subcutaneous (SQ) Injection

Steps to follow

This handout explains how to give yourself a *subcutaneous* injection. This is a shot that is given into the fatty tissue just under the skin.

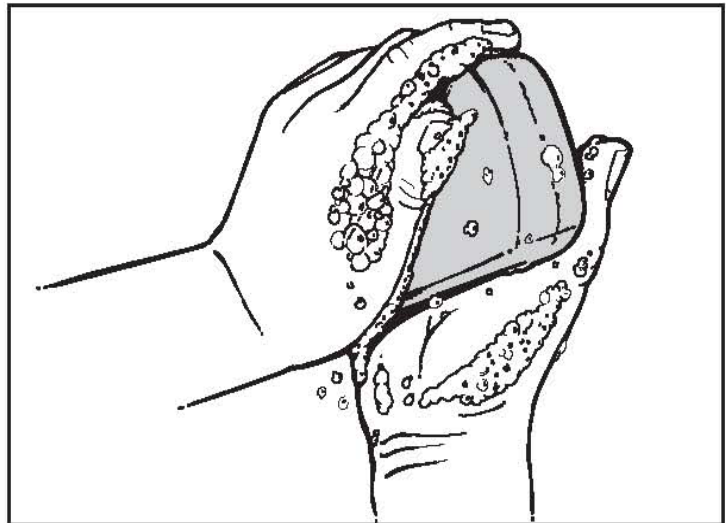
Subcutaneous Injections

You have been prescribed a medicine that must be given by *subcutaneous* (SQ) injection. This type of injection delivers the medicine into the fatty layer of tissue just under the skin.

Here are the steps to follow to give yourself an SQ injection:

Step 1: Gather the supplies you will need (syringe that contains medicine, and alcohol wipe).

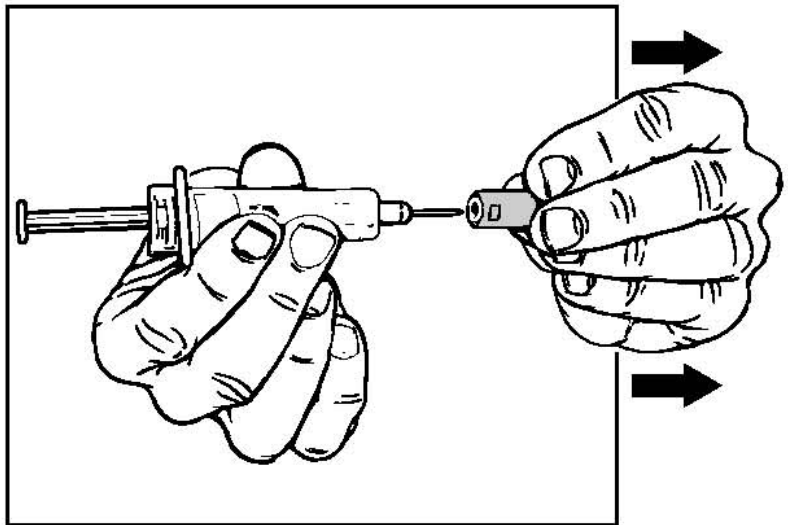
Step 2: Wash your hands well and dry them.



Step 2: Wash your hands well.

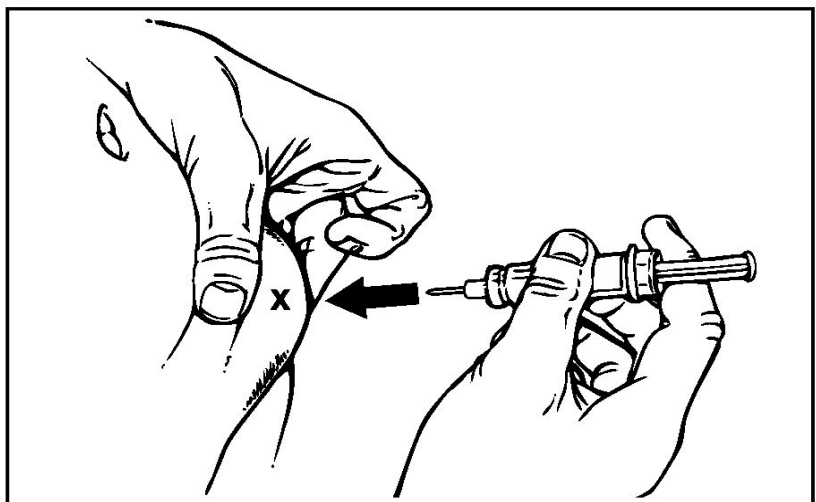
Step 3: Sit or lie in a comfortable position so that you can see your abdomen (belly).

- Step 4:** Choose an area on the right or left side of your abdomen, at least 2 inches from your belly button.
- Step 5:** Clean the injection site with an alcohol wipe, and allow your skin to dry.
- Step 6:** Remove the needle cap by pulling it straight off the syringe.



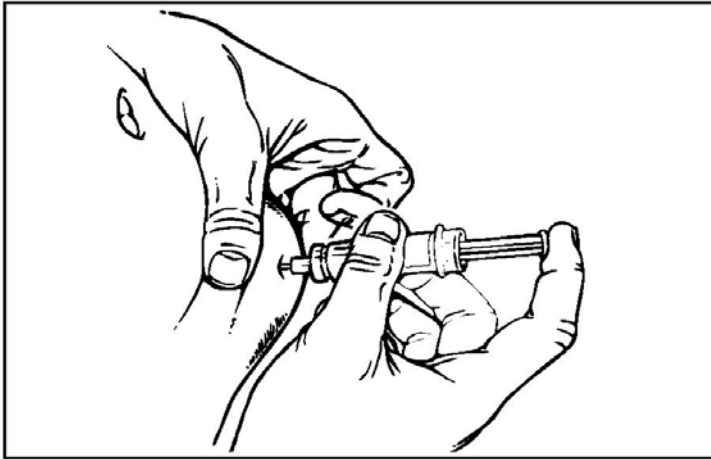
Step 6: Remove the needle cap.

- Step 7:** Hold the syringe like a pencil in the hand you write with.
- Step 8:** With your other hand, gently pinch the skin and fat tissue between your thumb and middle finger.



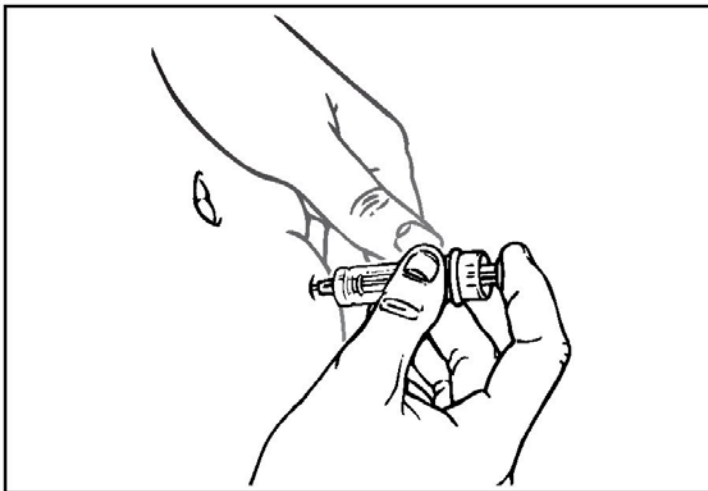
Steps 7 and 8: Hold the syringe and pinch your skin.

Step 9: Put the needle straight into the pinched skin (not sideways or at an angle). Push the needle in all the way.



Step 9: Push the needle in all the way.

Step 10: Let go of the pinched skin, then inject the medicine by slowly pushing the plunger down.



Step 10: Inject the medicine.

Do NOT put the needle into your skin sideways or at an angle.

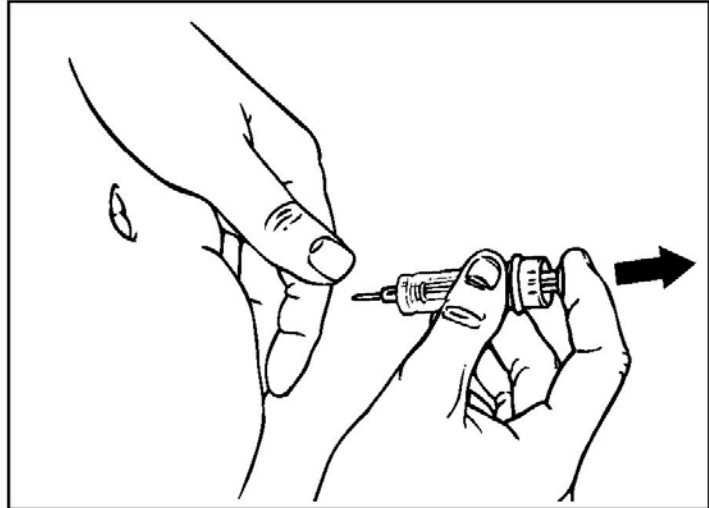


Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

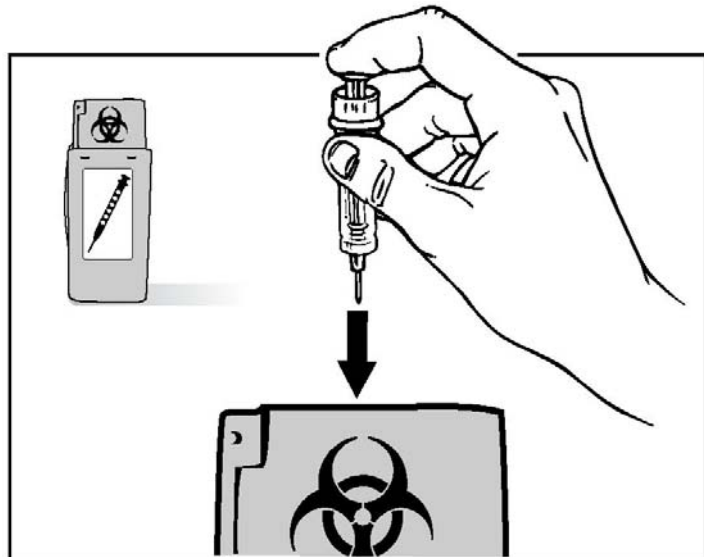
Pharmacy Services:
206-598-4088

Step 11: Count slowly to 5, then remove the needle.



Step 11: Remove the needle.

Step 12: Throw away the syringe/needle in a “sharps” container.



Step 12: Throw away the needle properly.

UW Medicine

UNIVERSITY OF WASHINGTON
MEDICAL CENTER

Pharmacy Services

Box 356015
1959 N.E. Pacific St. Seattle, WA 98195
206-598-4088