

Subcutaneous injections are given into the fatty tissue just below the skin. The lower abdomen, about an inch away from the belly button is usually the preferred site, although they can be given into the front, middle portion of the thigh as well. They should not be given into the same site each time, as that can cause irritation of the tissue, and pain upon injection.

**Difficulty:** Easy

**Time Required:** 10 minutes

## **SQ/SC or Subcutaneous Injection**

1. Gather your supplies. You will need an alcohol pad, bandage, and your prepared or mixed medication.
2. Wash your hands.
3. Select your site and clean it using the alcohol pad.
4. Take a large pinch of skin to pull the fatty tissue away from the muscle underneath it.
5. Holding the pen or syringe like a dart, quickly insert the needle at a 90 degree angle to the skin.
6. Slowly inject the medication.
7. Release the pinch of skin, then withdraw the needle.
8. Apply bandage or gauze as necessary.

### **Tips:**

1. Make sure to change your site each time you give the injection. Move from thigh to thigh or change locations on the abdomen.
2. If you are nervous about the pain of needle insertion, numb the area with a little ice prior to cleaning it.
3. You may notice a little bead of medication or a drop of blood. This is normal.
4. Insert the needle quickly. If you go too slowly, the injection will be more painful.

### **What You Need:**

- Alcohol pad
- Gauze, or band-aid
- Prepared medication

