



Performance Medicine Institute

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Subcutaneous Injection Instructions

If you have any questions, please call or text us at 602-606-8949

Supplies

1. Sterile 30g or 31g U100 1.0mL insulin syringes with 5/16" (8mm) needle. These can be purchased from a local pharmacy, although they are typically much less expensive on Amazon.
2. Isopropyl alcohol pads.
3. Sharps container or rigid plastic container - consult your local guidelines for disposing sharps.



Instructions

1. Use a clean, flat, dry surface to perform tasks. Wash your hands or use hand sanitizer.
2. Take the cap off of the vial. Depending on your vial, you may have a plastic cap, or a foil ring. If you have a foil ring, only remove the inner ring.
3. Use an alcohol pad to wipe the top of the medication vial. Let it dry.
4. Remove the cap on your syringe. Pull back the plunger to add air to the syringe. The amount of air you add should be the same volume that you will be taking out of the vial to inject into yourself.
5. Pierce the vial with the syringe needle and push the air in.
6. With the syringe needle still in the vial, invert the vial and draw out the correct dose of medication.
7. Wipe your skin injection site with an alcohol pad and let dry.
8. Insert the needle into your dry injection site and press down on the plunger. The needle should be placed at a 90 degree straight up and down angle to your skin.
9. Withdraw the needle and syringe and discard. Bleeding is unlikely, but if bleeding does occur, you can use gentle pressure with a cotton ball or gauze pad.
10. Used needles can be placed in a biohazard container, or a container with a hard, rigid shell such as a laundry detergent bottle.

