



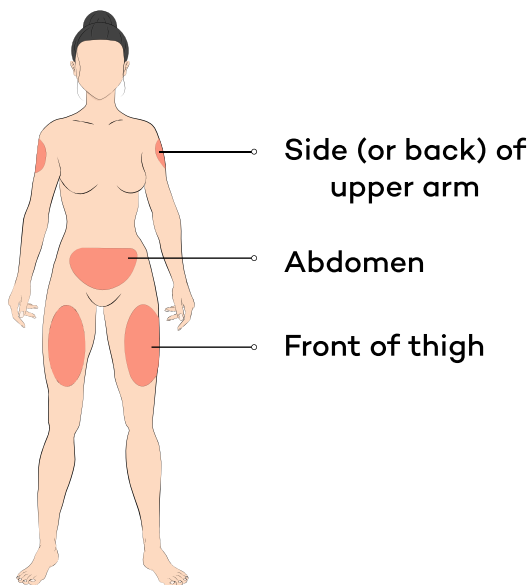
HOW TO SAFELY AND EFFECTIVELY SELF-ADMINISTER A SUBCUTANEOUS INJECTION

Preparing for a subcutaneous injection

The location of injection is important for subcutaneous injections. The drug needs to be injected into the fatty tissue just below the skin. Some areas of the body have a more easily accessible layer of tissue, where a needle injected under the skin will not hit muscle, bone, or blood vessels.

The most common injection sites are:

- Abdomen: at or under the level of the belly button, about two inches away from the navel
- Arm: back or side of the upper arm
- Thigh: front of the thigh



How to administer a subcutaneous injection

Step 1. Wash hands thoroughly with soap and water.

Step 2. Gather supplies. Assemble the following supplies:

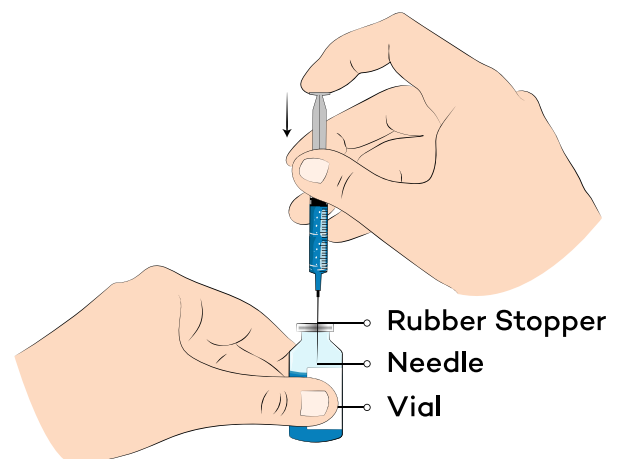
- 31G needle and syringe with medication
- alcohol pads
- puncture-resistant container to discard the used needles and syringe (typically a yellow plastic "sharp's container")

Step 3. Clean and inspect the injection site. Before injecting medication, inspect your skin to make sure there's no bruising, burns, swelling, hardness, or irritation in the area. Alternate injection sites to prevent damage to an area with repeated injections.

Step 4. Prepare the medication for injection. Before withdrawing medication from a vial and injecting yourself or someone else, make sure you're using the correct medication, at the correct dose, at the correct time, and in the right manner. Use a new needle and syringe with every injection.

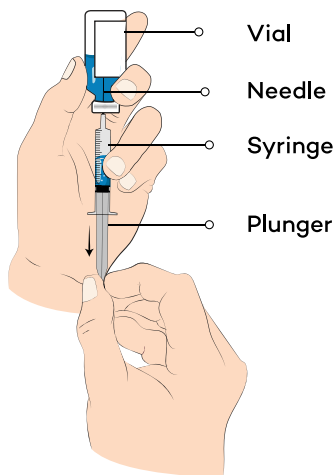
Step 5. Remove the cap from the vial. The rubber stopper should be cleaned with an alcohol swab first. Then you should clean the skin with the same swab at the intended site of injection. Let the alcohol dry thoroughly before doing the injection.

Step 6. Remove the cap from the needle. Hold the syringe straight rather than at an angle (as per picture below) to pierce the rubber stopper at the top of the vial. Be careful to not touch the needle to keep it clean.

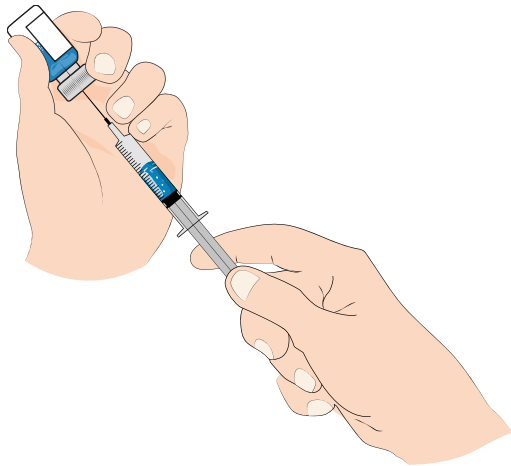


Step 7. Withdraw the medication. Turn the vial and syringe upside down so the needle points upward. Then pull back on the plunger to withdraw the correct amount of medication.

Remove any air bubbles. Tap the syringe to push any bubbles to the top and gently depress the plunger to push the air bubbles out.

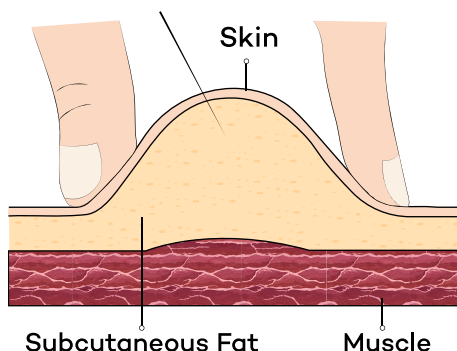


Step 8. Tip the vial and needle to a 45-degree angle to assist with a full withdrawal of the contents. Withdraw the needle slowly and angle slightly to assist with the filling process.

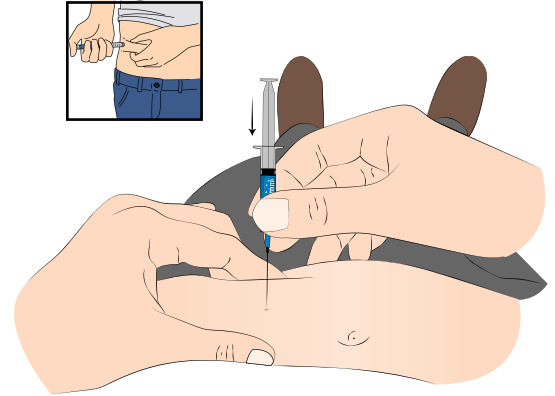


Step 9. Inject the medication. Pinch your skin. Take a big pinch of skin between your thumb and index finger and hold it. (Your thumb and forefinger should be about 3-4cm apart.) This pulls the fatty tissue away from the muscle and makes the injection easier.

Step 10. Inject the needle. Inject the needle into the pinched skin at a 90-degree angle. You should do this quickly, but without great force. If you have very little fat on your body, you may need to inject the needle at a 45-degree angle to the skin.



Step 11. Insert the medication. Slowly push the plunger to inject the medication. You should inject the entire amount of medication.



Step 12. Apply pressure to the site. Use gauze to apply light pressure to the injection site. If there's any bleeding, it should be very minor. You may notice a little bruising later. This is common and nothing to be concerned about.

NOTE. Discard any remaining contents within the vial. Do not attempt to use any residual medicine after a single dose has been administered as this medicine is not intended for multiple doses per vial.

Complications of subcutaneous injection

If you'll be doing this type of injection for more than one dose or for multiple days, you'll need to rotate the injection sites. This means that you shouldn't inject medicine into the same spot twice in a row. For example, if you injected medicine into your left thigh this morning, use your right thigh this afternoon. Using the same injection site repeatedly can cause discomfort and even tissue damage.

As with any injection procedure, infection at the site of injection is a possibility. Signs of infection at the injection site include:

- severe pain
- redness
- swelling
- warmth or drainage

These symptoms should be reported to your physician immediately.