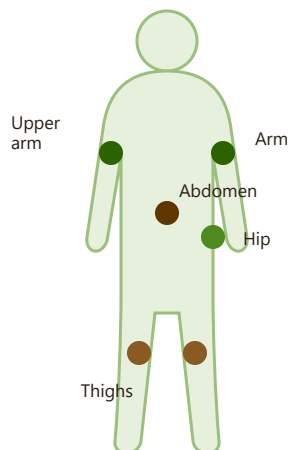


A **subcutaneous** (under-the-skin) injection delivers medication into the fatty layer just below the skin. This guide walks you through where to inject, how to measure your dose, the correct angle, how to give the shot, and how to throw away used supplies safely. Read it all the way through before your first injection, and keep it handy.

1 Where can I give the injection?

These four areas have enough fatty tissue for a subcutaneous shot. **Rotate your sites** — using the same spot over and over builds scar tissue and can make the medication work less well.



Upper arm

Back of the arm, halfway between elbow and shoulder. Easiest with help from another person.

Abdomen

Below the waist to the hip bone. Stay at least 2 inches away from the belly button.

Thigh

Front-to-outer side of the thigh, between knee and hip.

Hip

The soft, fatty area on the upper outer hip.

Pinch test: at any site, gently grasp the skin — you should be able to pinch 1–2 inches of tissue between your thumb and fingers.

2 How do I measure my dose on the syringe?

Read your prescription label for the exact dose volume. Your dose may be written in **milliliters (mL)**, in **units**, or both. Match the markings on your syringe to the dose on your label.

Insulin syringe — a full syringe holds 1 mL, marked as 100 units. Best when your dose is written in units.

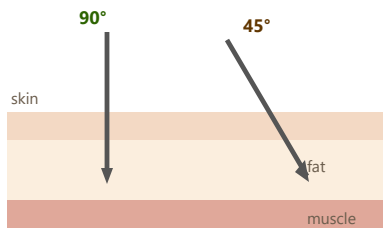
Luer-lock syringe — a full syringe holds 1 mL, marked in milliliters. Best when your dose is written in mL.

Units	5	10	15	20	25	30	35
Volume (mL)	0.05	0.10	0.15	0.20	0.25	0.30	0.35

Example unit-to-mL conversion. Always confirm your exact dose against your prescription label.

3 The right angle & how to hold the syringe

Subcutaneous needles are short — they only reach the fatty layer just under the skin. Choose your angle by how much skin you can pinch:



90° (straight in) — use when you can pinch about **2 inches** of skin.

45° (angled) — use when you can only pinch about **1 inch** of skin. Keep the needle's bevel (slanted opening) facing up.

Holding it: for a 90° shot, hold the syringe like a pen between your thumb and first finger. For a 45° shot, rest it between your thumb, index, and second finger with the bevel up.

4 How to give the injection

- 1 Wash your hands well with soap and dry them completely.
- 2 Open the alcohol wipe, clean the injection site, and let it air-dry.
- 3 Pull the cover straight off the needle, like uncapping a pen.
- 4 Gently pinch the skin with your free hand to lift the fatty tissue.
- 5 Insert the needle through the skin at your chosen angle (45° or 90°) using a quick, firm motion of the wrist.
- 6 Once the needle is all the way in, push the plunger down slowly until the syringe is empty.
- 7 Pull the needle straight out at the same angle you put it in, then release the pinched skin.
- 8 Place the used syringe and needle straight into a Sharps container (see below).

5 How to throw away used needles safely

Never put loose needles in the household trash or recycling. Use a hard-sided **Sharps container**, available at the pharmacy. If you don't have one, a heavy plastic bottle with a screw-on cap (like a laundry detergent bottle) works until you can get one — the needle must not be able to poke through the sides. When it is about three-quarters full, seal it and follow your local disposal rules. Ask your Village Pharmacy pharmacist, or see safeneedledisposal.org, for the right way to dispose of sharps in your area.

IMPORTANT — PLEASE READ.

This guide is general educational information only and is **NOT MEDICAL ADVICE**. It does not replace the instructions on your prescription label or the guidance of your physician or pharmacist. Always follow your prescriber's directions and your medication's specific instructions, which take priority over anything written here. Use only the dose, syringe, and needle prescribed for you. Do not reuse or share needles or syringes. If you are unsure about any step, or if you notice severe pain, swelling, bleeding, signs of infection, or any reaction that concerns you, stop and contact your prescriber or pharmacist right away; for a medical emergency, call 911. By using this information you accept that Village Pharmacy & Compounding, its owners, and staff are not liable for any injury, loss, or damage arising from its use. When in doubt, ask us — we're glad to help.