

celia

Instructions

Safe, Simple, and Effective:
Your Guide to Proper Injections.

Injection Steps



Subcutaneous Injection steps:

STEP 1: Choose & Clean the Injection Site

- Use the abdomen (3 inches from the belly button), thigh, or upper arm. Rotate sites to prevent irritation. Clean the area with an alcohol swab and let it dry.

STEP 2: Inject the Medication

- Pinch 1–2 inches of skin, insert the needle at a 45° or 90° angle, and slowly push the plunger down.

STEP 3: Remove the Needle & Dispose

- Pull the needle out at the same angle, apply light pressure with gauze (don't rub), and dispose of the syringe in a sharps container.

STEP 4: Monitor for Reactions

- Mild redness or soreness is normal. Seek medical help if you experience severe pain, swelling, or an allergic reaction.

Intramuscular Injection steps:

STEP 1: Choose & Clean the Injection Site – Use the thigh (vastus lateralis), upper arm (deltoid), or glute (ventrogluteal or dorsogluteal muscle).

- Rotate sites to prevent soreness. Clean the area with an alcohol swab and let it dry.

STEP 2: Inject the Medication

- Stretch the skin taut, hold the syringe like a dart at a 90° angle, and insert the needle quickly and smoothly. Slowly push the plunger down to inject the medication.

STEP 3: Remove the Needle & Dispose

- Pull the needle straight out, apply light pressure with gauze (don't rub), and dispose of the syringe in a sharps container.

STEP 4: Monitor for Reactions

- Mild soreness or redness is normal. Seek medical help if you experience severe pain, swelling, or an allergic reaction.

