

How to Inject a Solution Subcutaneously

Follow these steps for safe and proper injection:

Step 1

Gather the supplies:

- Vial
- Needles and syringes
- Alcohol pads
- Gauze
- Bandages
- Wash your hands thoroughly with soap and warm water. Be sure to scrub between fingers, the backs of your hands, and under fingernails. The Centre for Disease Control and Prevention (CDC) recommends lathering for 20 seconds – the time it takes to sing the “Happy Birthday” song twice.

Step 2

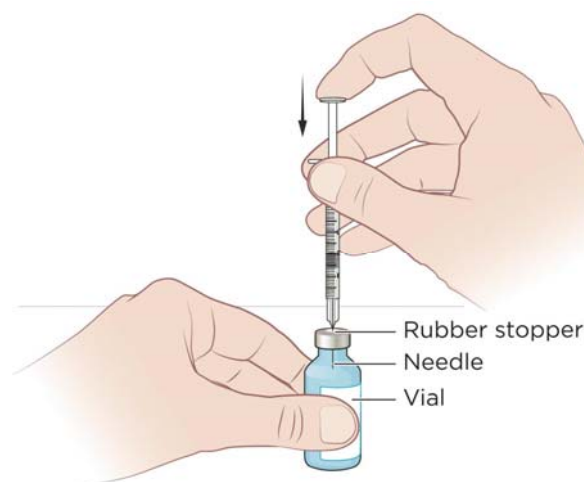
Hold the syringe upright (needle on top) and pull the plunger down until the tip of the plunger reaches the measurement equal to the dose you will inject.

Step 3

Remove the caps from the vial and needle. If you've used this vial before, wipe the stopper on top with an alcohol swab.

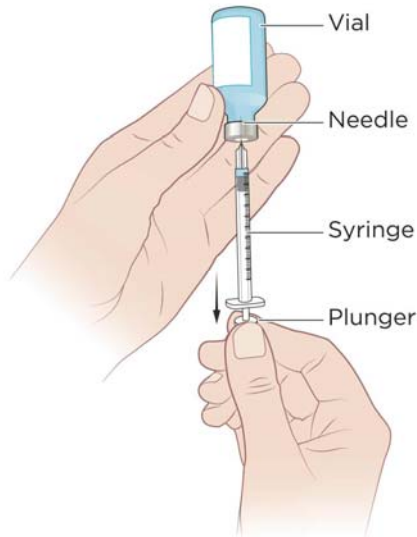
Step 4

Push the needle into the stopper and push the plunger down. The air replaces the amount of solution you will withdraw.



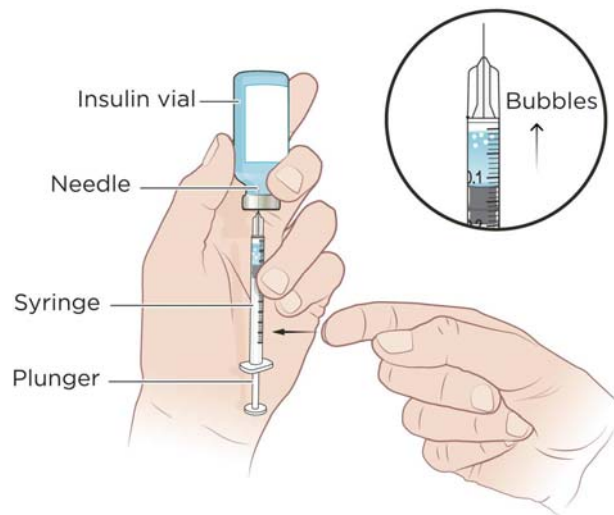
Step 5

Keeping the needle in the vial, turn them upside down. Pull the plunger down until the top of the black plunger reaches the correct dosage on the syringe.



Step 6

If there are bubbles in the syringe, tap it gently and the bubbles will rise to the top. Push the syringe to release the bubbles back into the vial. Pull the plunger down again until you reach the correct dose.



Step 7

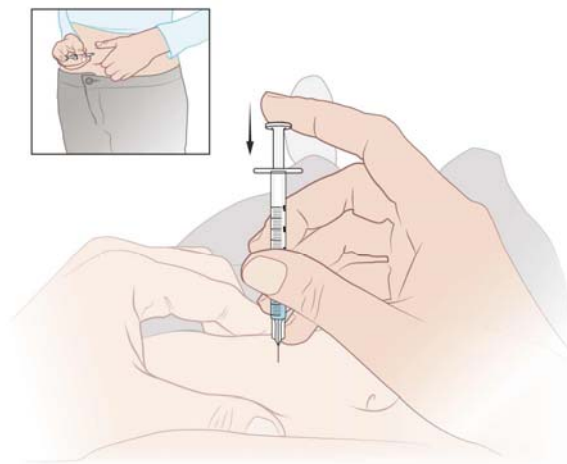
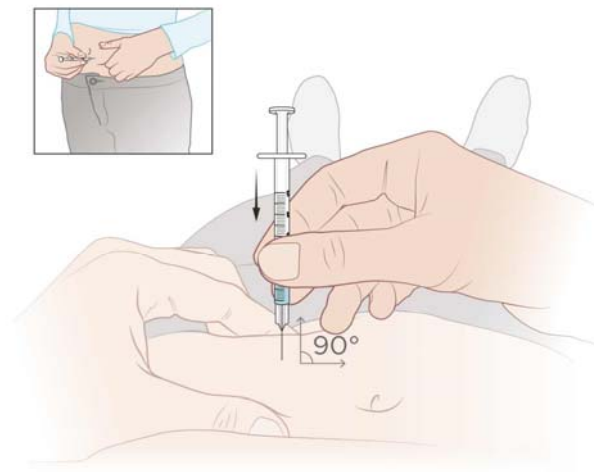
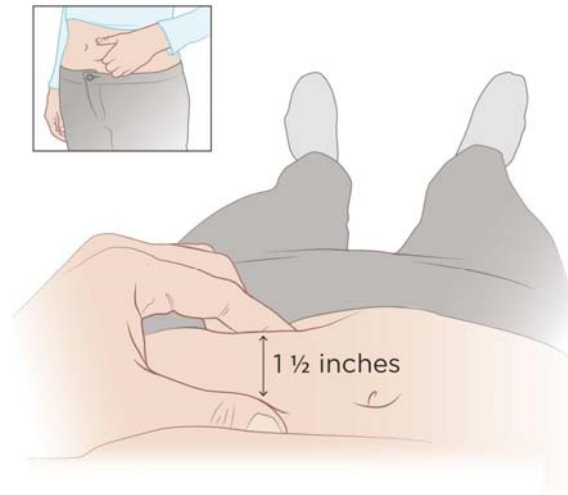
Set the vial down and hold the syringe as you would a dart, with your finger off of the plunger.

Step 8

Swab the injection site with alcohol pad. Allow it to air dry for a few minutes before inserting the needle.

Step 9

To avoid injecting into muscle, gently pinch a 1- to 2-inch portion of skin. Insert the needle at a 90-degree angle. Push the plunger all the way. With smaller needles, this pinching process may not be needed.



Step 10

Release the pinched skin immediately after you've pushed the plunger down and remove the needle. Don't rub the injection site. You may notice minor bleeding after injection. If so, apply light pressure to the area with gauze and cover with a bandage if necessary.