

# Lakes Area IV Wellness Clinic

## How to Give Yourself a Subcutaneous Injection

Subcutaneous (sub-Q) injections deliver medication into the fatty tissue just beneath the skin. Please follow these steps carefully to ensure safe and effective administration at home.

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### Supplies Needed

- Pre-filled syringe with prescribed medication or Syringe Kit with Vial
  - Alcohol wipe
  - Clean cotton ball or tissue
  - Sharps container
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### Step 1: Prepare

1. Wash your hands thoroughly with soap and water or use hand sanitizer.
  2. Dry your hands completely.
  3. Make sure you are in a clean, well-lit area.
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### Step 2: Choose an Injection Site

- Common areas include:
  - Abdomen (at least **2 inches / 5 cm** away from the belly button)
  - Thigh
- If you experience side effects with abdominal injections, the thigh may be preferred.
- Rotate injection sites with each dose to help prevent irritation or bruising.



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## Step 3: Clean the Area

1. Use an alcohol wipe to clean the selected injection site.
  2. Allow the skin to air dry completely.
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## Step 4: Prepare the Syringe

1. Carefully remove the needle cap.
  2. Hold the syringe like a pencil, keeping your fingers **off the plunger** until ready to inject.
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## Step 5: Administer the Injection

1. Gently pinch a fold of skin between your thumb and fingers.
2. Insert the needle straight into the skin at a **90-degree angle**.
3. Quickly and smoothly insert the needle fully into the pinched skin.
4. Slowly push the plunger all the way down to deliver the medication.
5. Keep the skin pinched during the injection to ensure the medication goes into fatty tissue and not muscle.



## Step 6: Finish the Injection

1. Remove the needle at the same angle it was inserted.

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2. Release the skin fold.
  3. If slight bleeding occurs, apply gentle pressure with a cotton ball or tissue.
    - **Do not rub the area**, as this can increase bruising.
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### Step 7: Dispose of Supplies Safely

- Place the used syringe into your sharps container.
  - Return your sharps container to **Lakes Area IV Wellness Clinic** for proper disposal.
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### Important Reminders

- Rotate injection sites with each dose.
  - Never reuse needles or syringes.
  - Store medication exactly as instructed by your provider.
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### Questions or Concerns?

We are here to support you.

**Call or Text:** (218) 454-5248

**Email:** [info.lakesareaiv@gmail.com](mailto:info.lakesareaiv@gmail.com)

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### Clinic Hours

- **Monday:** 9:00 AM – 5:00 PM
- **Tuesday:** Closed
- **Wednesday:** 9:00 AM – 6:00 PM
- **Thursday:** 9:00 AM – 5:00 PM
- **Friday:** 9:00 AM – 3:00 PM
- **Saturday:** Appointment only