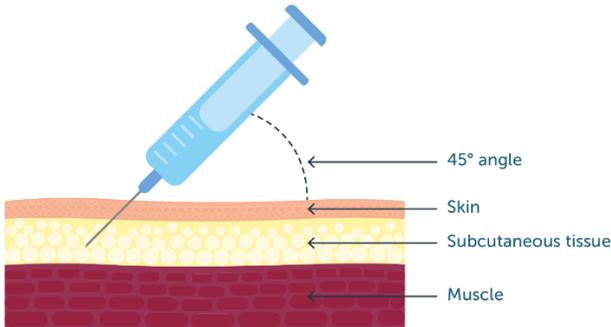


What is a subcutaneous injection?

A subcutaneous injection is given in the fatty layer of tissue just under the skin.



Why are subcutaneous injections given?

These injections are given because there is little blood flow to fatty tissue, and the injected medication is generally absorbed more slowly, sometimes over 24 hours. Some medications that can be injected subcutaneously are growth hormone, insulin, epinephrine, and other substances.

Preparing to give medication:

Subcutaneous injections are not given if the skin is burned, hardened, inflamed, swollen, or damaged by a previous injection.

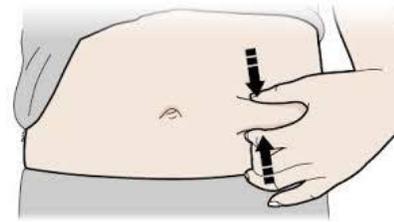
1. Wash your hands thoroughly. This is the best way to prevent infection.
2. Gather your materials
 - Alcohol Swab
 - Cotton Ball
 - Prepared Injection



Note: It is important to eliminate large air bubbles because they take up space needed for the medication, and they may cause pain or discomfort when injected.

Locating Injection Site

Locate your injection site on your abdomen. Measure approximately 2-3 inches away from your belly button horizontally.



Rotating injection sites

It is extremely important to rotate sites to keep the skin healthy. Repeated injections in the same spot can cause scarring and hardening of fatty tissue that will interfere with absorption of medication. Avoid giving injections in areas that are burned, reddened, inflamed, swollen, or damaged by prior injections.

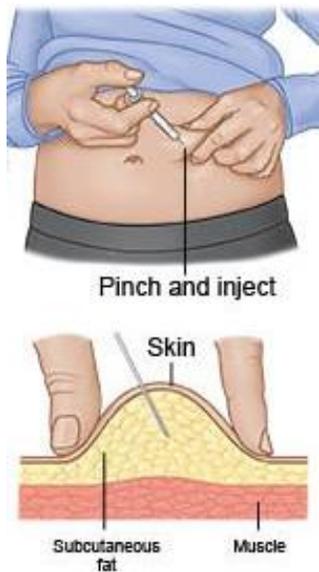
Preparing the skin

Since the skin is the body's first defense against infection, it must be cleansed thoroughly before a needle is inserted. Cleanse the skin with a back and forth motion using an alcohol swab. This motion moves bacteria away from the injection site. Allow the alcohol to dry completely by air.

Giving the injection

1. Take the cover off the needle. Be careful not to contaminate the needle. Place the cover on its side.
2. Hold the syringe in one hand like pencil or a dart.
3. Grasp the skin between the thumb and index finger with your other hand and pinch up.
4. Quickly thrust the needle all the way into the skin. Do not "push" the needle into the skin slowly or thrust the needle into the skin with great force.

See figure on back of page.



Safe needle disposal

Place the syringe or needle in a hard plastic or metal container with a tightly secured lid.

When the container is threequarters full, take it to a health care facility (hospital or doctor's office) for proper disposal. If you live within driving distance of ELIV8 MD, you can bring your container to ELIV8 MD for proper disposal.

****Please note:** If you are bringing your needles to ELIV8 MD for disposal, please make sure needles are capped and removed from syringe. Syringes can be tossed in the trash.

5. Press down on the plunger to release medication into the subcutaneous layer in a slow, steady pace.
6. As the needle is pulled out of the skin, gently press a cotton ball onto the needle insertion site.
***Pressure over the site while removing the needle prevents skin from pulling back, which may be uncomfortable. The cotton ball also helps seal the punctured tissue and prevents leakage.*
7. If instructed to do so, press, or rub the site for a few seconds.
8. It is not serious if you notice blood at the site after the needle is removed. You may have nicked a surface blood vessel when you injected, and blood is following the needle track out to the surface. Simply press the site with a cotton ball. Also, a small amount of clear fluid may appear at the site. This may be medication that is following the needle track to the surface. Again, apply pressure using a cotton ball.