

# HOW TO GIVE YOURSELF AN INJECTION

**A subcutaneous (say "sub-kyoo-TAY-nee-us") shot is an injection of medicine under the skin, but not in a muscle or vein.**

- Wash your hands with soap and water.
- Gather your equipment. This includes your syringe, medicine, and an alcohol wipe.
- Choose a spot on your belly, thigh, or back of your arm for the shot.
- A shot in the belly should be 2 inches away from your belly button.
- Use alcohol to clean the skin. Let it dry.
- Remove the cap from the needle.
- Hold the syringe like a pencil close to the site.
- Slightly pinch a fold of skin at the spot you chose.
- Pinch it between the fingers and thumb of one hand.
- Place the syringe at a 90-degree angle to the shot site.
- The needle should stand straight up from the skin.
- Quickly push the needle all the way into the pinched-up fold of skin.
- Push the plunger of the syringe all the way in.
- This allows the medicine to go into the fatty tissue. Be sure to hold the skin fold as you give the shot. This will help make sure that you don't inject the medicine into muscle.
- Take the needle out at the same angle that you inserted it.
- Let go of the skin fold.
- If you bleed a little, apply pressure over the shot area.
- Dispose of the needle safely.
- Don't use the same needle more than one time and rotate sites each time.

