

Step-by-Step: Giving Yourself a Subcutaneous Shot

Giving Yourself a Subcutaneous Shot.

Wash your hands with soap and water for at least 20 seconds. Remove the cap from the bottle of medicine. Clean the top of the bottle with an alcohol wipe.

Remove the cap from the needle on the syringe. Pull the plunger up slightly on the syringe. Insert the needle into the medicine bottle and fully push down on the plunger.

Flip the bottle over so the top is facing down. Pull down on the plunger to fill the syringe with your prescribed amount of medicine.

Check to make sure there are no air bubbles in the syringe while drawing the medicine. If there are any, press fully down on the plunger to empty the syringe and try again.

Once you have correctly filled the syringe, remove the needle from the bottle and push on the plunger until one drop comes from the tip of the needle. Clean the injection site with an alcohol wipe.

Use the index and middle fingers of one hand to gently pinch up a bit of skin. With the other hand, fully inject the needle at a 90 degree angle to the skin.

Press the plunger all the way in to release the medicine.

Correctly dispose of the entire syringe.