

ADMINISTERING MEDICATION VIA SUBCUTANEOUS INJECTION

Properly administering your medication via subcutaneous injection at home is important to your safety. Please call 1-800-755-4704 if you have any questions or concerns at all while administering the medication. We are available 24 hours a day, 7 days a week. In the event of an emergency, always call 911.

For teaching guides and videos:

<https://chartwellpa.com/patients/patient-teaching-guides.asp>

<https://www.chartwellpa.com/patients/infusion-teaching-videos.asp>

QR Code :



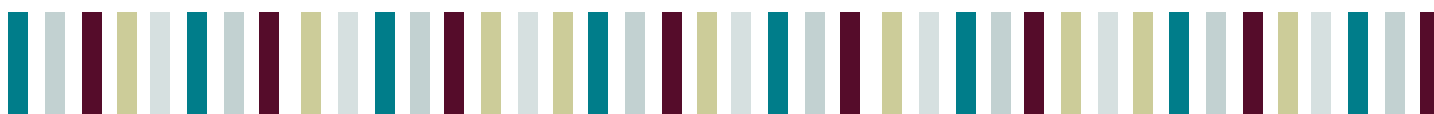
A subcutaneous (SQ) injection is a shot that delivers the medicine into the fatty layer of tissue that is just under the skin.

SUPPLIES:

- Prefilled medication syringe
- SQ Needle
- Sterile 2x2 gauze pad
- Alcohol/Antiseptic wipes
- Sharps Container

PROCEDURE:

1. Gather supplies. Clean work area. Wash Hands thoroughly, for at least 20 seconds.
2. Check labels for name, drug, frequency, and expiration. Inspect the medication syringe for any cracks, leaks, particulate matter, and clarity of medication. Contact Chartwell for any discrepancies or concerns.
3. Assemble the syringe and needle as instructed by your nurse. If your medication syringe comes prefilled, the needle may already be attached to the syringe and ready for use. If the needle is not attached, attach it now as directed by your nurse.



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4. Select a new site on your thigh, abdomen, or back of the upper arm. If using abdomen, ensure site is at least 2" from umbilicus. Avoid areas with current bruising or irritation.

NOTE: It is **extremely** important to rotate the sites of your subcutaneous injections to keep your skin and tissue healthy. Each site should be at least 1 inch away from the prior location. Repeating injections in the same place can cause scarring and hardening of tissue that will interfere with the absorption of your medication.

5. Beginning at the center of the chosen site, disinfect the skin with an alcohol wipe, 3 inches in diameter. Allow to dry.
6. Carefully remove the protective cap covering the needle on the syringe, maintaining asepsis.

NOTE: The exposed needle is sterile. Use caution to not touch the needle or allow it to touch a surface which is not sterile.

7. Gently pinch the skin surrounding the site you disinfected.
8. Using a swift darting motion, insert the needle at a 45-90 degree angle into the skin fold. (This ensures that the tip of the needle is in the subcutaneous tissue). Do not aspirate, unless recommended on the package insert.
9. Inject the medication by pushing on the plunger.
10. When the syringe is empty, remove the needle from the subcutaneous site.
11. Cover the injection spot with gauze pad. Apply light pressure, but **do not rub** the injection site.
12. Discard the syringe and needle into the sharps container and discard used supplies in appropriate receptacles.
13. Wash Hands thoroughly, for at least 20 seconds.

NOTES: