

Instruction for subcutaneous injection



Inject subcutaneously (underneath the skin).

Your doctor has discussed with you that you are going to inject medication subcutaneously.

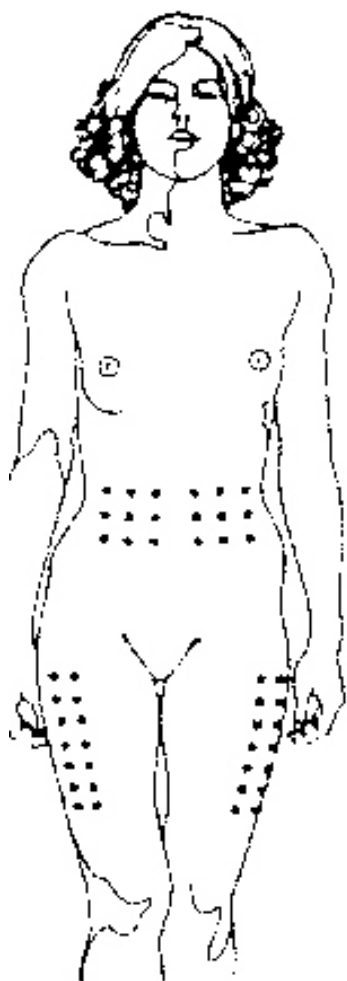
Subcutaneous means underneath the skin. Most patients experience injecting themselves as a simple act. The advantage of this is that you are not dependent on others for administration of your medication. If you wish, you can have your partner give you the injections. The nurse will instruct you or your partner on how to inject subcutaneously. In this brochure you can review the given information.

Preparing for the instruction

The doctor provides a prescription for the medication. With this prescription, you can pick up the medication at the pharmacy.

Position determination

A subcutaneous injection is given underneath the skin. The places where a subcutaneous injection can be given are shown with dots in image 1.



Instruction for subcutaneous injection



Abdomen

The lower abdomen is a good place to inject. If the injection is done in the abdomen, it is wise to do this in a skin fold. Do not inject around the navel because there are a lot of nerves and blood vessels in this area, which can make the injection more painful. Always keep a distance of 3 fingers around the navel. The abdomen can be used from about the waist down to below the navel.

Upper legs

In the upper legs, injections can be done in the middle part of the lateral side of the leg. The inside of the leg is very sensitive and there are larger blood vessels just under the skin. That is why it is not wise to inject there.

The method

1. Wash your hands.
2. Place the materials, syringe and sharps disposal container on a clean surface.
3. Always check whether the medication is correct, and pay attention to the dosage. Check the syringe for intact packaging and expiration date.
4. Open the package but leave the syringe inside the open package.
5. Do not remove the air bubble present in the syringe (for ready-made syringes); this air bubble ensures that all the fluid is injected. After complete injection, this air bubble will fill the space in the needle so that all the active substance is administered. The air present in the syringe cannot cause any damage.
6. Take the syringe and remove the protective cover from the needle. Do not touch the needle or replace the syringe on the surface. If you accidentally touch the needle, get a new syringe.
7. Grasp the skin fold at the puncture site between your thumb and index finger. The skin must be clean, but it is not necessary to disinfect, unless this has been told to you specifically.



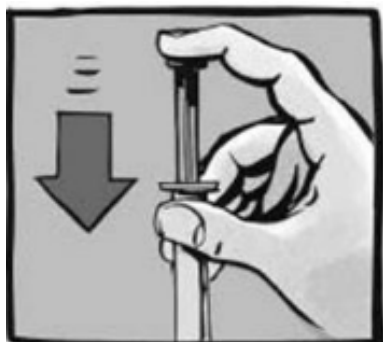
Instruction for subcutaneous injection



8. Insert the needle into the skin fold with one swift motion while holding the syringe upright, the needle must go all the way into the skin.



9. Gently empty the syringe, including the air bubble (with a ready-made syringe).



10. Leave the needle in the skin for 5 seconds to prevent the fluid from flowing back.

11. Pull the needle out of the skin with one motion and then release the skin fold. There may be a drop of blood. A plaster is usually not necessary.

12. Dispose of the syringe in a sharps disposal container, do not throw it with other waste to prevent that someone else is hurt by the needle.

13. Do not rub the injection site after injecting. This can cause and/or worsen bruising.

Important to know

A sharps container is available at your pharmacy and must be handed in at a collection point for small chemical waste (this is free).

Read the package leaflet or information from your pharmacy.

Tell your specialist if serious side effects such as bleeding or large bruises occur during treatment.

Do not stop administering the medication without consulting your specialist.

Contact information

If you have any questions about subcutaneous injection, please contact the Obstetrics department.

Source: <https://integralekindzorgmetmks.nl/wp-content/uploads/2021/09/Subcutane-injection-in-template-FINAL-30-10-2019.pdf>