

How To Give Your Subcutaneous (Sub Q) Shot When The Medicine Comes In A Syringe

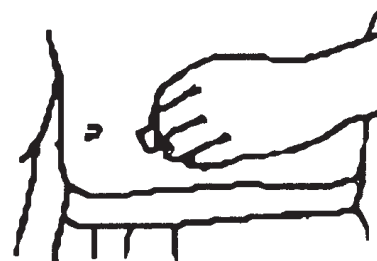


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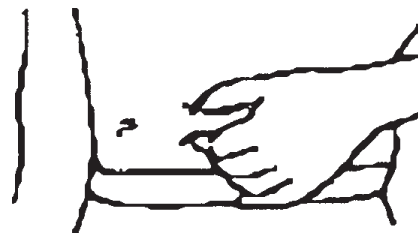
1. Wash your hands with soap and water.



2. Choose the place where you are going to give your shot, and clean your skin with an alcohol wipe.



3. Pinch up your skin and hold it.
Pinch an inch.



4. Put the needle straight into the skin.
Be sure to put the needle in all the way.

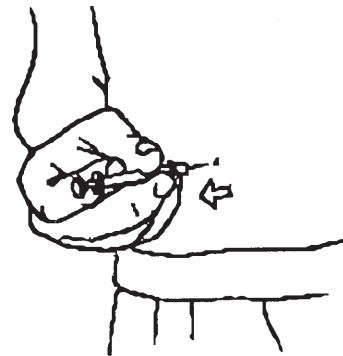


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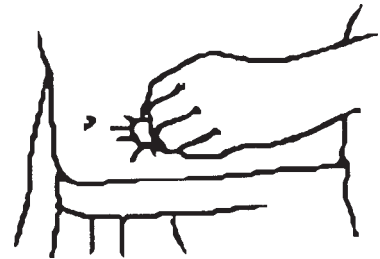
5. When the needle is in, you can let go your skin.
Push the plunger all the way down.



6. Pull the needle straight out of your skin.



7. Press the alcohol wipe over the place where
you gave your shot. Hold it there a few seconds.
Do not rub.



8. After you have given your Sub Q shot, get rid of your
needle and syringe in the way that your health care provider
has told you.

