

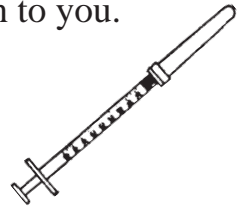
How To Give Your Subcutaneous (Sub Q) Shot When The Medicine Comes In A Bottle

To give your shot you need:

- Medicine:**
- Store bottles (vials) in the refrigerator as the instructions on the bottle tell you.
 - Keep the medicine away from sunlight.
 - Check the expiration date so you don't use outdated medicine.
 - The medicine should be clear and colorless. Do not use it if it is cloudy.



- Syringe:**
- Use only the 3 cc syringes with a 25 gauge needle that are given to you.
 - Use each syringe and needle one time only.
 - Put the used syringes in a hard plastic container or coffee can.



Alcohol wipes:



Storing supplies: Store the medicine, syringes and used syringe container away from children.

Giving your injection (shot):

How to draw up the medicine for your shot (get the medicine in the syringe):

1. Wash your hands.



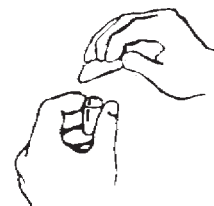
2. Warm the medicine by gently rolling the bottle between your hands. **Do not shake the bottle.**



3. Remove the plastic cap and throw it away.

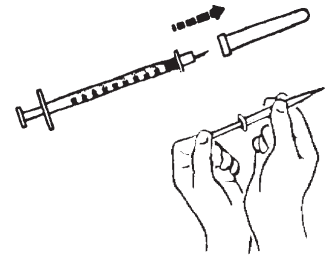


4. Wipe the top rubber part of the bottle with an alcohol wipe.

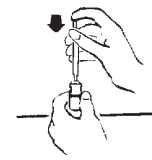


(over)

5. Remove the cover from the needle on the syringe.
Be careful not to let the needle touch anything.



6. Pull the plunger back to draw air into the syringe
(the air should be the same amount as the medicine dose).



7. Push the needle through the rubber on the top of the bottle.



8. Push the plunger in all the way to put the air into the bottle.

9. With the needle still in the bottle, turn the bottle upside down.

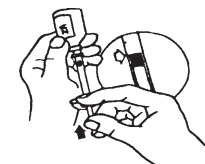
10. Slowly pull the plunger back until you get the amount of
medicine you need.



11. Look for air bubbles in the syringe. Remove air
bubbles by tapping or flicking the syringe with your
finger to make the bubbles rise to the top of the syringe.



12. Push any air bubbles out of the syringe into the bottle.



13. Pull back the plunger to get your correct dose.

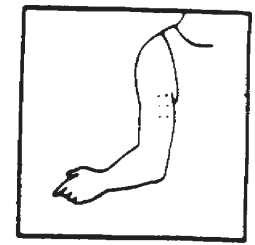
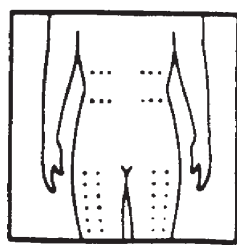


14. Take the needle out of the bottle.



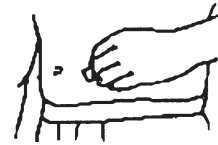
Where to give your shot:

- Be sure to give your shot in a different spot
on your belly, leg or arm each time.



How to give your shot:

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



2. Pinch up the skin and hold it up. (Pinch an inch).



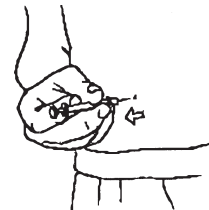
3. Put the needle straight into the skin. Be sure to put the needle in all the way.



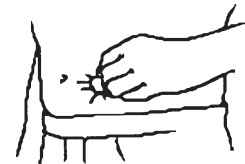
4. Pull the plunger back slightly. If blood comes into the syringe, pull out the syringe and press on the spot to prevent bleeding. Use a different part of your belly or leg and repeat steps 1, 2 and 3.



5. You can let go of the skin to have both hands on the syringe. Push the plunger down all the way to inject the medicine.



6. Pull the needle straight out of the skin.



7. Press the alcohol wipe over the spot where you gave your shot. Keep it there for a couple of seconds.

Do not rub.

Throwing away supplies:

1. 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.
2. The used bottle (vial) should be put in the trash.

