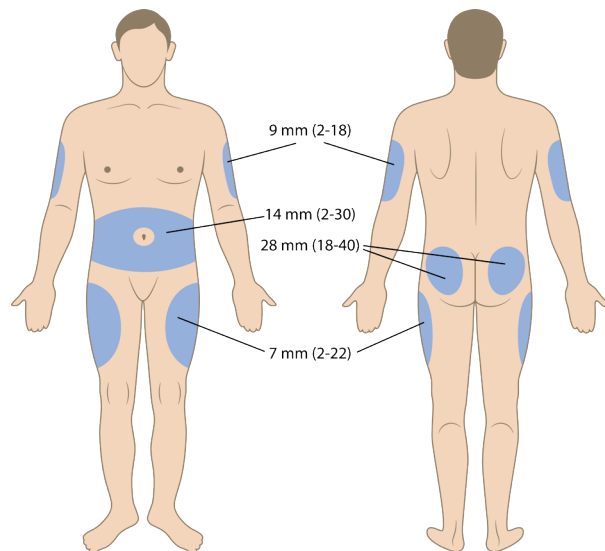


## NECESSARY SUPPLIES

- An alcohol pad (or compress soaked with 70% isopropyl alcohol)
- Dry compress
- Sharps disposable container (yellow sharps bin)
- Prefilled syringe or pen

## CHOICE OF INJECTION SITE AND SKIN PREPARATION

1. Select an area where the skin is healthy (no bruises, lumps, scars, etc.)
2. Rotate injection sites (abdomen, arms, thighs) and return to the same site approximately once every month. Try not to inject twice in the exact same area.
3. Select the best area according to the guidelines of your prescribed medication.
4. Select the injection site:
  - a. **Abdomen:** leave a 5cm space around the navel
  - b. **Arm:** upper outer arms
  - c. **Thigh:** upper outer thighs
  - d. **Back:** area above the buttocks



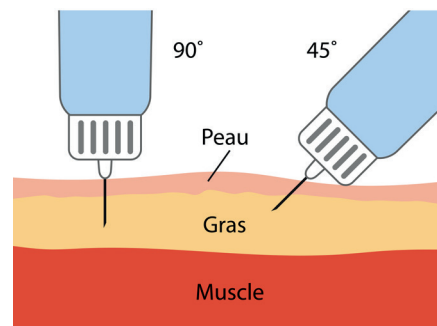
Once site is selected, clean an area of 5 cm with an alcohol pad in a back and forth linear motion.

### IMPORTANT

Let dry completely. Do not blow on, wipe or fan site.

## INJECTION TECHNIQUE

1. Gently pinch a skin fold between the thumb and index finger of the non dominant hand and measure the fold.
2. Remove the needle cap and hold the syringe like a pencil with the dominant hand with the needle facing upwards.
3. Quickly and firmly insert the needle in the skin at a 90° or 45° angle according to the length of the needle and thickness of the subcutaneous tissue.
4. Release pinched skin.
5. Gently inject all medication.
6. Remove needle. Do not rub and apply a dry compress to the skin.
7. Do not replace the cap on the needle.
8. Dispose of the used needle in the proper container (yellow sharps bin: available from the CLSC or pharmacy)
9. Use new supplies each time.



## INJECTION ANGLES

Angle	Explanation	Select chosen angle
45°	<ul style="list-style-type: none"> <li>• Skin fold less than 2,5 cm</li> <li>• 5/8" needle (16 mm)</li> </ul>	<input type="checkbox"/>
90°	<ul style="list-style-type: none"> <li>• Skin fold of <math>\pm</math> 5 cm</li> <li>• Stretch skin if skin fold is over 5 cm</li> <li>• 1/2" needle (12 mm)</li> </ul>	<input type="checkbox"/>

Site rotation is recommended to:

- Prevent loss or an accumulation of fatty tissue
- Minimize injury to skin tissue
- Promote medication absorption
- Reduce discomfort

