

Injecting under the skin

(subcutaneous injection)

Some basic tips for injecting small amounts of injectable tan or growth hormone into the layer of fatty tissue under your skin.

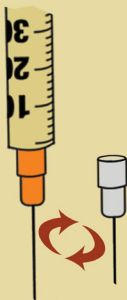
- • • • • Skin layer
- • • • • Layer of fatty tissue known as the subcutaneous layer
- • • • • Muscle layer



1. Wash your hands and the place you are going to inject with soap and water. Dry with a clean towel.

3. Once the drug is prepared, take the orange pin off the barrel and put it in a sharps bin. Put either a grey or short orange needle onto the barrel.

2. Pins can become blunt when you draw up sterile water or a drug from a phial - so use a 1 ml barrel and a separate orange pin to do this.

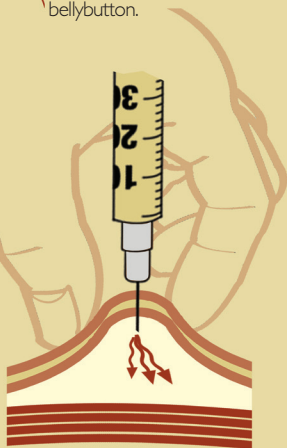




4. Pinch some skin and subcutaneous fat (as per diagram) between fore finger and thumb, any area will do but the best area is either side of the bellybutton.

5. Push the needle through the skin into the subcutaneous fat. If using a grey it can go in at 90 degree angle, if using a short orange, go in at 45 degree angle.

6. Push the plunger slowly until there is no more drug in the syringe.



7. Withdraw the needle. Most subcutaneous injections will not bleed, if it does mop up the blood with some cotton wool or paper towel.



8. Dispose of all injecting equipment in a sharps bin and return it when $\frac{3}{4}$ filled.

