! This sheet is general guidance from Emerald Compounding Pharmacy and does not replace your prescriber's instructions or your prescription label.

Emerald Compounding PHARMACY

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YOUR GUIDE TO SUBCUTANEOUS SELF-INJECTIONS

What is a subcutaneous injection?

A subcutaneous injection places medication in the layer of fat just beneath the skin using a short, thin needle. This layer has few nerves and blood vessels, so the injection is usually quick and comfortable.

Before Getting Started

! Before your first dose, read this whole sheet and set up a clean, well-lit workspace. Your prescriber's directions and your prescription label always take priority over this general guide.

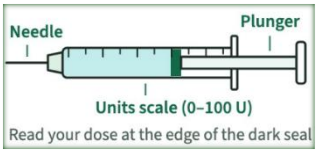
Step 1: Gather your medication and supplies

Everything arrives pre-mixed, so you only need these four items. Lay them out on a clean, dry surface. No sharps container? A heavy-duty plastic bottle with a screw-on lid (e.g. an empty detergent bottle) will do.



Step 2: Needle and Syringe Essentials

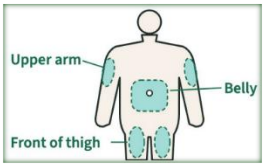
Your dose is measured with an insulin syringe, which is marked in units (not mL) so small amounts can be drawn precisely. The attached needle is short and thin.



Two numbers describe it: ***Gauge*** (its thickness — a higher number means a thinner needle) and ***length***, in inches. A typical Sub-Q needle is 30-gauge, 5/16 inch.

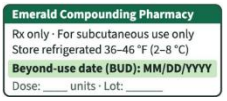
Step 3: Choose and clean the injection site

1. Wash your hands with soap and warm water for at least 20 seconds.
2. Pick a site: the belly (at least 2 inches from your navel), the front or outer thigh, or the back of the upper arm. Rotate sites from one injection to the next, and avoid skin that is bruised, scarred, red or tender.
3. Wipe the site with an alcohol swab and let it air dry. Don't blow on it or touch it again.



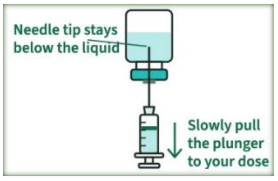
Step 4: Check and prepare your medication

1. If your medication is refrigerated, take it out 15–30 minutes before injecting — room temperature medication stings less.
2. Read the label: Confirm the medication name, your dose, and the beyond-use date (BUD). Never use medication past its BUD.
3. Confirm the number of units to draw on your prescription label.



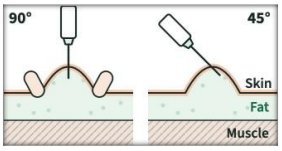
Step 5: Draw up your dose

1. Flip off the cap and wipe the rubber stopper with an alcohol swab.
2. Push the needle down through the stopper, then turn the vial upside down.
3. Keep the needle tip below the liquid and slowly pull the plunger back to your prescribed number of units.
4. Tap the barrel so any air bubbles rise, push them gently back into the vial, then readjust to your exact dose.
5. Re-check the dose, then withdraw the needle. Don't let it touch anything.



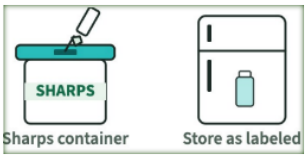
Step 6: Administer the injection

1. With your free hand, gently pinch up a fold of skin at the cleaned site.
2. Hold the syringe like a dart and insert the needle in one quick, smooth motion — straight in at 90°, or at 45° if there is less fat at the site.
3. Once the needle is in, let go of the skin and press the plunger down slowly and steadily until the syringe is empty.
4. Pull the needle straight out and press the spot with a clean swab for a few seconds. Don't rub or massage the area.



Step 7: Clean up and store

1. Safely place the needle into a sharps container immediately after use.
2. Follow the specific storage instructions provided on your vial label for any unused medication.
3. Thoroughly wash hands with soap and water after handling any injection supplies.



Usually Normal
Mild redness, slight burning, a small bump or tenderness at the site for a day or two

Call your prescriber or our pharmacists if...
Redness, swelling or pain spreads, gets worse after a few days, the site feels hot or you see any drainage.

Call 911 or go to the ER if...
You have signs of a serious allergic reaction: Trouble breathing, wheezing, swelling of the face, lips, throat or hives spreading over your body.