



Patient Name: _____

Goal: Patient / Caregiver will demonstrate proper preparation and administration of prescribed therapy.

Dr. _____ has prescribed the following medication(s) for you (med/dose/route/frequency):

TO PREPARE AND INJECT THE MEDICATION:

1. **Clean** a well lit area for preparation of the medication(s).
2. **Wash hands** with soap and water. Dry with paper towels or clean towel.
3. **Gather** the following supplies:
 - 1 medication syringe
 - 1 alcohol wipe
 - Sharps Disposal Container
4. **Inspect** the medication syringe label for your name, drug name, dose and expiration date. If any are incorrect, contact the NELC pharmacist immediately.
5. **Choose an injection site** to be used. Be sure the site is easy to reach. Avoid sites that are close to your belly button, scars or bruises. Alternate sites with each dose. Check injection site(s) daily for signs of infection: redness, swelling pain or drainage.
6. **Prepare your site for subcutaneous injection:**
 - a) Sit or lie in a comfortable position to be able to see the area you are injecting.
 - b) Clean the area with an alcohol wipe. Let dry.
7. **Inject the Medication:**
 - a) Remove the needle cover from the end of the syringe and discard. To keep the needle sterile, do not set the needle down or touch it. Hold the syringe in the hand you write with.

- b) Pinch the cleansed skin, with the other hand, between your thumb and forefinger.
- c) Insert the needle straight into the skin fold to the full length of the needle.
- d) Press down on the plunger of the needle, gently pushing all the medication out of the syringe.
- e) Remove the needle by pulling straight out and place the syringe into the Sharps Disposal Container.

THAT'S IT! YOU DID IT!

POINTS TO REMEMBER:

- Remember to rotate your injection sites.
- To avoid bruising, do not rub the injection site after the medication is given. Simply apply pressure for 30-60 seconds.
- Store the medication as directed. If it needs to be refrigerated, remove it from the refrigerator ____ hrs in advance to allow the medication to warm up to room temperature.
- Be sure to give your medication at the same time every day.
- Be sure the injection site you chose is easy to reach.
- If you develop signs of infection (fever > 101°; pain, redness or yellow/green drainage from an injection site) contact your physician.