



INSTRUCTIONS FOR SUBCUTANEOUS SELF-INJECTIONS

***General Things to Keep in Mind:** With GLP-1 medications, injections are typically once weekly, any time of day, with or without meals. Rotate injection sites with each dose. Inspect the medication visually before use. It should appear clear and colorless to slightly yellow. Do not use if particulate matter or discoloration is seen. Never co-administer with another medication in the same syringe. It is acceptable to inject an intramuscular and subcutaneous medication in the same body region, but the injections should not be adjacent to one another.*

Step 1: Wash Hands Thoroughly with Soap and Water and Gather Supplies

- The medication vial
- 2 alcohol prep pads
- 1 insulin syringe and needle with standard units marking
- Sharps container (Or, if you do not have a sharps container, you can use an empty detergent or bleach container, or a metal coffee can with a lid).

Step 2: Prepare the Syringe

- Pull the tab on the center of the vial cap to expose the top of the rubber stopper.
- Use an alcohol pad to wipe the top of the vial. This will kill any bacteria on the vial.
- Take the syringe out of its package. Remove the cap from the needle.
- Be very careful not to let anything touch the needle. If anything touches the needle, discard the syringe and needle and use a new one.
- Holding the vial upright and the syringe downward, insert the needle through the circle in the center of the rubber stopper.
- Push the plunger down to inject air into the vial. This is necessary because the vial is pressurized and you must replace the amount of medication you remove with air.
- Turn the vial and syringe upside down.
- Slowly pull the plunger down past your prescribed dose. This will help remove any air bubbles.
- Slowly push the plunger back up to your prescribed dose.
- Check the amount of medication in the syringe to make sure it is the correct dose.
- Tap the side of the syringe to release any air bubbles and push the plunger to the exact dose mark.
- Carefully remove the needle from the vial.

Step 3: Choose and Clean the Injection Site

- Select a site in the abdomen, thigh or upper arm
- Rotate sites to avoid irritation.
- Clean the selected injection site: Wipe the skin with an alcohol swab in a circular motion (about 2 inches wide) and let it air dry fully—don't blow on it.

Step 4: Administer the Injection

- Slightly pinch a fold of skin where you will be giving the injection
- Hold the syringe at a 90-degree angle to your skin, so it is standing straight out, right above where you will give the injection.
- Quickly jab the needle all the way into the pinched-up skin.
- Push the plunger all the way in so the medicine empties out of the syringe.
- Take the needle out at the same angle you put it in, then let go of your skin.
- If you bleed a little, put pressure on the spot with a cotton ball or a piece of gauze.
- Place the syringe in the sharps container or other appropriate container for safe disposal.