

# Home Injection Instructions

Telehealth

## 1. Prepare

- **Wash Your Hands**- Thoroughly wash your hands with soap and water. Dry with a clean towel.
- **Choose Injection Site**- You can inject yourself in the abdomen (the area at least 2 inches away from your belly button) or thigh (The space between one hand above your knee and one hand below your groin, towards the outer side of the thigh)
- **Clean the Injection Site**- Using a new alcohol prep pad, clean the injection site in a circular motion, starting in the center and moving outward. Let the area air dry.
- **Clean the Rubber Stopper**- Use a new alcohol prep pad to clean the rubber stopper on the bottle.

## 2. Fill the Syringe with Medication

- **Prepare the Syringe**- Uncap the needle without touching the needle itself. Draw air into the syringe equal to the medication dose you need. Carefully recap the needle if you need to put it down for any reason.
- **Insert Air into the Bottle**- Pierce the bottle's rubber stopper with the needle. Inject the air into the bottle. This makes it easier to draw up the medication.
- **Draw Up the Medication Dose**- With the needle still inside, turn the bottle upside down. Ensure the needle tip is in the medication. Slowly pull on the plunger to draw the prescribed amount of medication into the syringe.
- **Remove the Syringe from the Bottle**- Once filled, hold the barrel of the syringe to remove it from the bottle.
- **Remove Air Bubbles**- If there are bubbles, hold the syringe with the needle facing up and tap the syringe gently until they rise to the top. Carefully push the plunger until a tiny droplet appears at the tip of the needle.

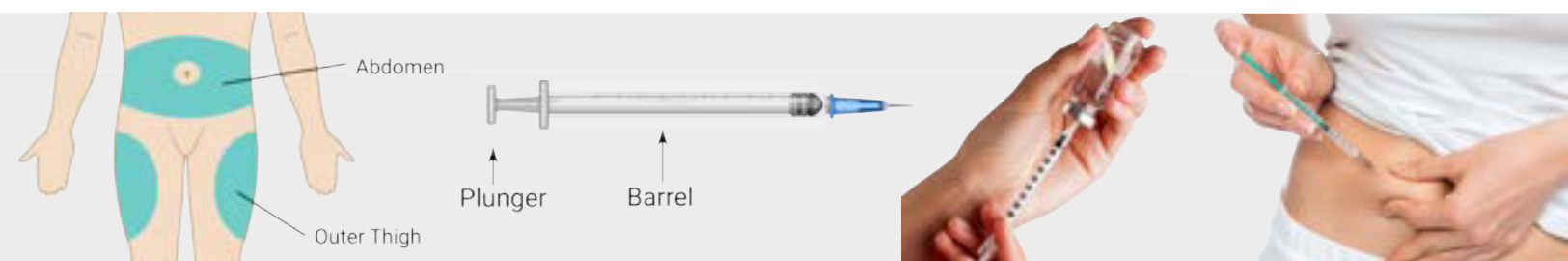
## 3. Inject the Medication

- **Confirm Dose**- Use the chart on the back of this page to double check you filled the correct amount of medication.
- **Position Yourself to Inject**- Use your dominant hand to hold the syringe like a dart, with the barrel between your fingers and your thumb. With your other hand pinch an area of skin between your fingers to create a lump.
- **Insert the Needle into your Skin**- Quickly insert the needle straight into the pinched skin. Jabbing the needle quickly is more comfortable than doing it slowly.
- **Inject the Medication**- Press the plunger down with your pointer finger until the syringe is empty. Keep the needle still.
- **Remove the Needle from your Skin**- Pull out the needle at the same angle it went in.

## 4. Clean up

- **Clean up Injection Site**- If there's bleeding, press a gauze pad or cotton ball against the injection site.
- **Dispose of the Syringe**- Immediately place the used syringe and needle into a sharps container.
- **Refrigerate Medication**- Return any unused medication to the refrigerator.

**\*Call us if you have any questions\***



DIVINE HANDS HOME  
MEDICAL SERVICES

*care that comes to you*

Please visit our website for an instructional video and if you have any questions about these instructions or the injection of medication into your body, do not proceed with the injection & promptly call our office so that we can address your questions.