

1 How to Prepare & Inject Medication Safely

A step-by-step guide



This guide demonstrates proper technique for preparing and administering medication.

2 Gather Your Supplies



Medication (vial or pen) Syringe or pen needle Alcohol swabs Sharps container

Gather all necessary supplies before starting.

3 Wash Your Hands



Wash your hands thoroughly with soap and water.

4 Prepare the Medication Vial



Clean the rubber stopper of the vial with an alcohol swab.

5 Draw Air into Syringe



Pull back the plunger to draw air into the syringe equal to your dose.

6 Inject Air into Vial



Insert the needle into the vial and push the plunger to inject air.

7 Draw Medication



Turn the vial upside down and pull the plunger to draw your prescribed dose.

8 Remove Air Bubbles



Tap the syringe gently to move air bubbles to the top. Push the plunger slightly to remove air. Check your dose is correct.

9 Choose Injection Site



Abdomen (avoid 2 inches around belly button) **Thigh** (upper outer area) **Upper Arm** (outer area)

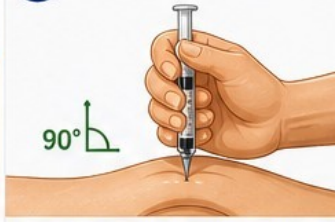
Common injection sites include the abdomen, thigh, or upper arm.

10 Clean the Injection Site



Clean the skin with an alcohol swab. Let it air dry.

11 Inject Medication



Pinch the skin gently. Insert the needle at a 90° angle and push the plunger steadily all the way down.

12 Remove Needle & Dispose



Remove the needle from the skin. Do not recap the needle. Dispose of it safely in a sharps container.

13 You're All Set!



Follow your healthcare provider's instructions. Always follow your prescribed dosing and medical guidance.