

## **How to Self-Inject Guide**

Step 1: Wash and dry your hands thoroughly.

Step 2: Sit or lie in a comfortable position, so that you can see your abdomen.

Step 3: Choose an area on the right or left side of your abdomen, at least 2 inches from your belly button. Think “love handles.”

Step 4: Clean the injection site with an alcohol swab. Let dry.

Step 5: Remove the needle cap by pulling it straight off the syringe and discard it in a sharps collector.

Step 6: Hold the syringe like a pencil in your writing hand.

Step 7: With your other hand, pinch an inch of the cleansed area to make a fold in the skin. Insert the full length of the needle straight down—at a 90° angle—into the fold of skin.

Step 8: Press the plunger with your thumb until the syringe is empty.

Step 9: Pull the needle straight out at the same angle that it was inserted, and release the skin fold.

Step 10: Point the needle down and away from yourself and others, and push down on the plunger to activate the safety shield.

Step 11: Place the used syringe in the sharps collector.

[End of Transcript]

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