

# Subcutaneous Injection Mat

## STEPS FOR A SUBCUTANEOUS INJECTION

### Step 1: Gather your Supplies

- Place the tissue/cotton ball/gauze and syringe on the mat
- Wash your hands thoroughly

### Step 2: Choose an Injection Site

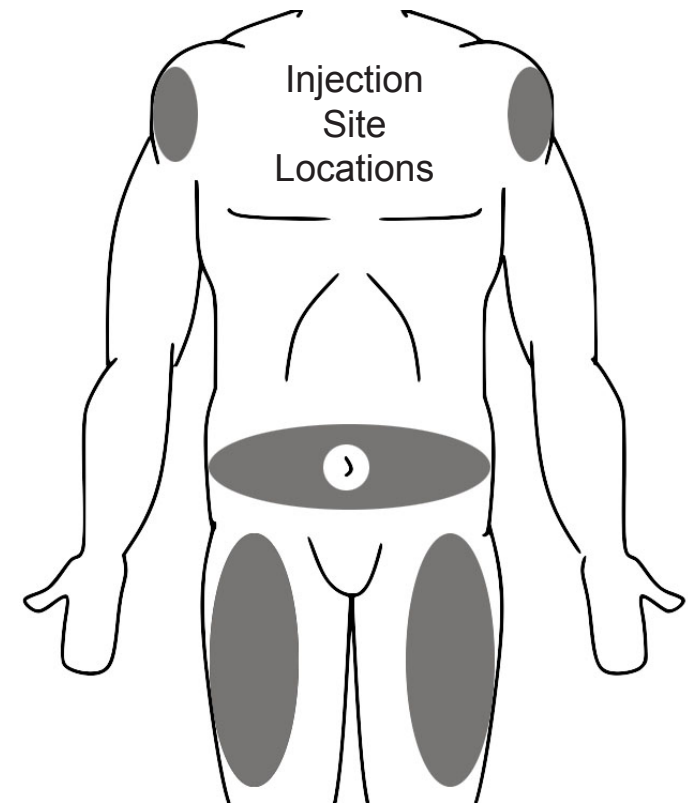
- Choose a location for the injection
- Make sure the area to be injected is clean (you can use an alcohol swab if you want)

### Step 3: Inject the Medicine

- Remove the needle cap
- Hold the syringe upright and remove any excess air
- Gently pinch a fold of skin at the injection site
- Insert the needle at a 45 degree angle
- Slowly inject the medicine
- Remove the needle
- Apply pressure with tissue/cotton ball for 10 seconds

### Step 4: Dispose of the Syringe

- Dispose of syringe in a sharps container



Put Prefilled Syringe / Autoinjector / Syringe & Medication Here

Put Tissue/  
Cotton Ball  
Here