



Readi-Mat

Intramuscular Injection | Prefilled Pens

- 1**
 - Choose a comfortable place in your home to inject medication
 - Gather supplies and place on your Readi-Mat
 - If medication is refrigerated, follow product instructions to prepare the medication for injection
- 2**
 - Choose an injection spot* that has been approved by your doctor
 - Wash your hands thoroughly
- 3**
 - Apply rubbing alcohol to a cotton ball and clean injection spot
 - IF NEEDED: Apply numbing cream and cover with a large band-aid or use an ice cube to numb the skin
- 4**
 - Remove numbing cream after recommended wait time; remove ice cube when area feels numb.
 - Apply rubbing alcohol to a cotton ball and clean the injection spot once again
- 5**
 - Follow the instructions provided with the prefilled auto-inject pen
 - Remove cap on the needle
- 6**
 - Gently pinch skin to create a fold at the injection spot
 - Place pen on the injection spot; be sure to hold pen at recommended angle
 - Press injection button and keep pen in place until pen is empty
 - Remove pen
- 7**
 - With a clean cotton ball, apply pressure to injection spot for 10 seconds
 - Apply band-aid, if needed
- 8**
 - Dispose pen safely in a sharps container

*Injection sites should be based on drug product monograph and sites discussed by your doctor.

*Select a slightly different injection site each time, at least one inch from the previous injection site

PREFILLED PEN



Check us out on Facebook:
[RobbiesRainbowCa](https://www.facebook.com/RobbiesRainbowCa)



Follow us on Twitter:
[@RobbiesRainbow](https://twitter.com/RobbiesRainbow)