



# Readi-Mat

## Intramuscular Injection | Prefilled Pens

- 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
- Choose an injection spot\* that has been approved by your doctor
  - Wash your hands thoroughly
- 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
- 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
- Follow the instructions provided with the prefilled auto-inject pen
  - Remove cap on the needle
- 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
- With a clean cotton ball, apply pressure to injection spot for 10 seconds
  - Apply band-aid, if needed
- 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

