



Readi-Mat

Subcutaneous Injection

- 1**
 - Gather your supplies and place them on the mat
 - Wash your hands thoroughly.
- 2**
 - Choose a comfortable place in your home to administer the injection
 - Choose an area on your body to inject your medication
- 3**
 - Apply rubbing alcohol to a cotton ball and clean the area to be injected
 - Apply numbing cream and cover with a large band-aid, if needed, or use ice to numb the injection area
- 4**
 - Remove numbing cream after recommended treatment time
 - Apply rubbing alcohol to a cotton ball and clean the area to be injected
- 5**
 - Remove the cap on the needle
 - Load the prescribed amount of medication into needle
 - Hold needle upright, tap needle to release any air bubbles, slightly push needle plunger to push air bubbles out of the needle, if required.
- 6**
 - Gently pinch a fold of skin at the injection site
 - Insert needle at a 45 degree angle
 - Inject medication until needle is empty
 - Remove needle
- 7**
 - Apply pressure to injection site with a clean cotton ball for 10 seconds
 - Apply band-aid, if needed.
- 8**
 - Dispose needle safely in a sharps container

*Injection sites should be based on drug product mono graph and sites discussed by your doctor.
*Select a slightly different injection site each time, at least one inch from the previous injection site.

