



# 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.

