

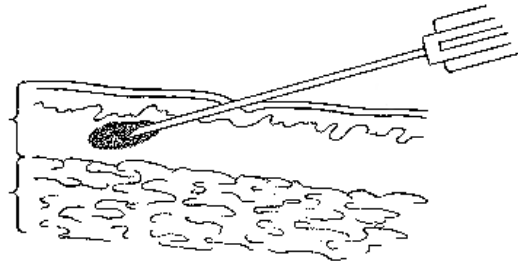


Name of Child: _____ Date: _____

How to Give a Subcutaneous Injection

What it is:

A subcutaneous injection is used when a small amount of medicine needs to be placed just under the skin. Some medicines, like heparin, growth factor and insulin, work best when they are given this way.



A subcutaneous injection puts a small amount of medicine just under the skin.

What medicine to give: _____

How much to give: _____ mL or _____ mcg/mg/IU

When to give it: _____

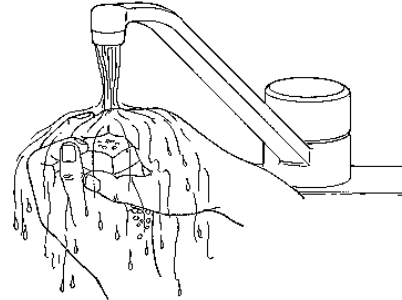
What you need:

- injection rotation chart
- 2 alcohol prep pads
- medicine
- 1 mL or 3 mL syringe with 25 or 27 gauge needle
- a strong container with cover (such as a used bleach bottle or coffee can)
- yes no Ask the doctor about EMLA cream.
- pen or pencil
- 1 gauze pad
- yes no 1 Band-Aid

How to give the subcutaneous injection:

1. Look at the injection rotation chart and decide where the injection will go. Write today's date on the chart at that site.

2. Wash your hands. Put your supplies on a clean table or tray.

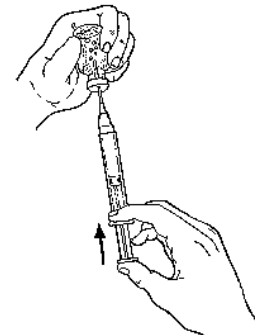


step 2
Wash your hands.

3. Tear open two alcohol prep pads and one gauze pad.

4. Wipe the top of the bottle of medicine with one alcohol prep pad. Throw it away. Let the top of the bottle of alcohol dry.

5. Hold the syringe in your hand. Take the cap off the needle.



step 7
Push the air in.

6. Since you will need _____ mL of medicine, pull up that much air into the syringe.

7. Put the needle into the bottle top. Push the air in. Keep the needle in the bottle. Hold the needle straight and steady so it does not bend.

8. Tilt the bottle and syringe upside down. Keep the tip of the needle in the fluid. Slowly pull out _____ mL of medicine into the syringe.

If you get air bubbles into the syringe, don't take the needle out of the bottle. Push the medicine back into the bottle and slowly pull down again.

9. Take the needle out of the bottle and carefully recap it.

10. Find the spot where you will give the shot.

11. Take the other opened alcohol prep pad and use it to clean the skin at that spot. Throw it away.

12. Dry that area of skin with clean gauze.
13. Take a good hold of the muscle around that spot with your thumb and index finger.
14. Put the needle in the squeezed skin at a 45 degree angle.
15. Keep the syringe steady. Slowly let go of the skin and push in the plunger to inject the medicine.



step 11
Clean the spot with an alcohol prep pad.

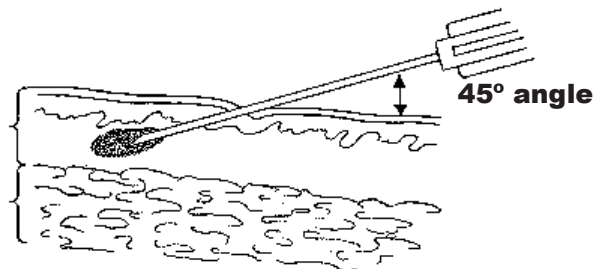
16. Pull the needle out, and throw out the needle and syringe in the strong container with cover. Do not recap the needle.



step 14
Put the needle in the squeezed skin at a 45 degree angle.

yes no Put a Band-Aid on the site.

- Keep syringes and supplies out of the reach of children and others who might misuse them.



step 14
Put the needle in the squeezed skin at a 45 degree angle.

Now that you've read this:

- Show your nurse or doctor how you would choose the next injection site. (Check when done.)
- Show your nurse or doctor how you would give the injection. (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, March 13, 2009 • DRAFT in family review
#78 • Written by A. White, MS, RN •
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The Emily Center

How to Give a Subcutaneous Injection

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 78
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!