

Subcutaneous Injection Self Administration

You have been given this patient information leaflet as you are being discharged with a medication which requires you to self-administer it as a sub-cutaneous injection.



What is a subcutaneous injection?

A subcutaneous injection is a dose of a medication given into the layer of fat between the skin and the underlying muscle. Some medications can be given this way, and some can only be given this way.

Areas that you can give a subcutaneous injection

There are two primary locations that you can self-administer a subcutaneous injection. These are the abdomen and the thigh.

- **Abdomen** – The area within a few inches around your belly button (avoid the belly button)
- **Thigh** – The space between one hand above your knee and one hand below your groin, towards the outer side of the thigh

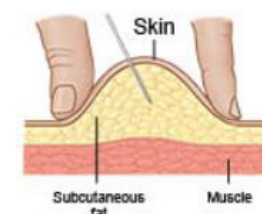


How to self-administer the injection

- Wash and dry hands with soap and water
- Clean the area of skin you intend to inject with an alcohol wipe
- Hold the syringe in your dominant hand with the barrel of the syringe between your fingers and your thumb on the plunger
- With your other hand pinch an area of skin between your fingers to create a lump
- Insert the needle all the way into the skin
- Press down the plunger while keeping the needle still
- Use the markings on the barrel to give the amount you have been instructed to
- Remove the needle at the same angle
- Dispose of the needle in the sharps box
- Wipe the area with a piece of gauze



Pinch and inject



continued over the page

**Emergency Department
and Minor Injury Unit**
Patient information

Hints and Tips

- Rotate between different body areas for injections
 - E.g. right abdomen, left abdomen, right thigh, left thigh etc.
 - Keep track of where you have injected
 - This will help avoid scarring and skin changes
- Jab the needle into the skin rather than slowly putting it in. This will be more comfortable
- Keep the needle still while injecting to avoid snapping it

Further Information

For further advice and information about your condition, please choose from the following:

- 'NHS Patient Choices' website: www.nhs.uk
- 'Making Lives Better' patient website: www.patient.info
- Telephone NHS 111
- Contact your General Practitioner

Contact details:

The James Cook University Hospital: 01642 850850
Marton Road, Middlesbrough, TS4 3BW

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To ensure we meet your communication needs please inform the Patient Experience Department of any special requirements, i.e. Braille/ Large Print.

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Issue Date: March 2021 Review Date: March 2023

ST1619