

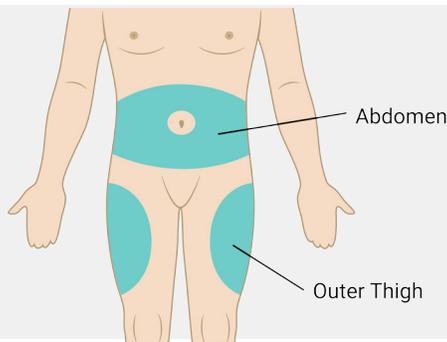
Home Injection Instructions

Where to Inject

There are two primary locations that you can use to inject yourself:

- **Abdomen:** The area at least 2 inches away from your belly button.
- **Thigh:** The space between one hand above your knee and one hand below your groin, towards the outer side of the thigh

If someone else is giving you the injection, they can inject into your tricep (back of your upper arm) like we do in your office visits.



How to Inject

1. Clean

- Wash and dry hands with soap and water.
- Clean the skin you plan to inject with an alcohol wipe.

2. Position

- Remove the cap from the syringe.
- Use your dominant hand to hold the syringe like a dart, with the barrel between your fingers and your thumb.
- With your other hand pinch an area of skin between your fingers to create a lump.

3. Insert

- Quickly insert the needle straight into the pinched skin. It is more comfortable to jab the needle into the skin rather than slowly putting it in.

4. Inject

- Press the plunger down with your pointer finger until the syringe is empty. Keep the needle still while injecting.

5. Remove

- Pull out the needle at the same angle it went in.

6. Dispose and Refrigerate

- Dispose of the needle in a sharps box.
- Return any unused syringes to the refrigerator.

Call us if you have any questions