

SRQ Med Spa  
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## How to Give Yourself a Shot

### What to have ready

1. Kit with enclosed contents
2. Hard sealable container, like a soda can or bottle for sharps disposal

### Preparing for your injection

1. Wash your hands with soap and water & gather everything you need
2. Choose an injection site
  - a. A subcutaneous injection is below the skin and above the muscle – into fat tissue
  - b. You can choose the abdomen, except for 1” around the naval
  - c. Upper outer area of thigh
  - d. Prepare the injection site by cleaning with alcohol swab and allow to dry

### Injection instructions

1. With syringe in hand, carefully remove the cap and ensure a drop of liquid is visible at the end of the needle
2. Pinch your skin with your non-dominant hand
3. Hold syringe in dominant hand at a 90-degree angle to the skin and quickly “dart” the needle into the fat tissue
4. Use your non-dominant hand to slowly push down on the plunger to inject the medication
5. Remove the needle and place alcohol swab on injection site

### Clean Up

Place used syringe with needle into the pre-determined container for disposal and seal it for discard.

### Things to Know

- It is always best to eat before your receive vitamins. This will cut down on the risk of feeling nauseous.
- You can have a consult with one of our nurses in person or virtually.
- If you are taking any type of subcutaneous vitamins, you will be asked to have a conversation with one of our nurses monthly.
- Know the names and doses of any medications you might be taking.
- KEEP your IM injections in the fridge for better temperature control

**We are available if you have any questions !**