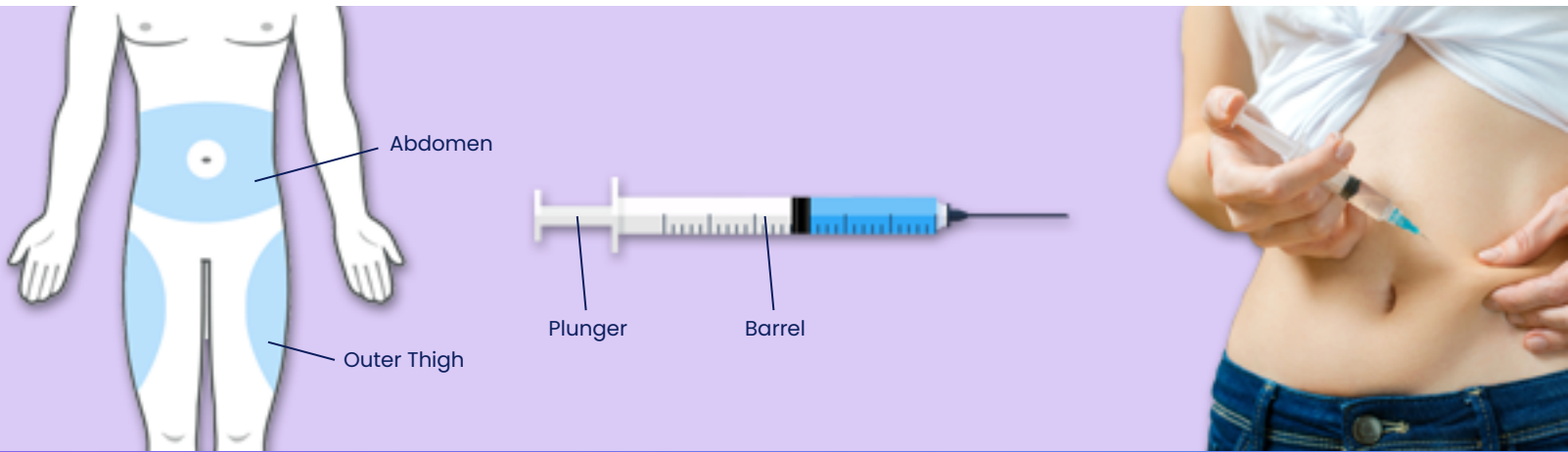


# Home Injection Instructions

## Where to Inject

### You have two main Locations for self-injection:

- **Abdomen:** Stay at least 2 inches away from your belly button.
- **Thigh:** The space between one hand above your knee and one hand below your groin, toward the outer side of your thigh.
- **If someone else is giving you the injection:** Then they can use your tricep (the back of your upper arm), similar to how we do it during your office visits.



## How to Inject

### 1. Clean

- Wash and dry your hands thoroughly with soap and water.
- Clean the area where you plan to inject using an alcohol wipe.

### 2. Position

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

### 3. Insert

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

### 4. Inject

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

### 5. Remove

- Pull the needle out at the same angle it was inserted.

### 6. Dispose and Refrigerate

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

**\*Questions? Please give us a call.**

