

## Giving yourself a Subcutaneous Injection (HCG, Heparin, or Lovenox)

**Where:** *The injection should be given in the fatty areas at the sides of your waist. Switch sides each time you have the injection.*



**How:** To give the injection, follow these steps:

1. Sit or lie down so that you're comfortable and you can see your abdomen.
2. Choose a site for the injection and wipe the skin with an alcohol swab. (If you are given a multiuse vial you will want to make sure & wipe the vial with an alcohol swab also)
3. Gently pinch about an inch of skin. Hold the syringe at a 90-degree angle to the skin (straight out from the skin), and push the needle all the way in. To reduce bruising, do not move the needle once it's inserted into the skin. Do not pull back on the needle once it is inserted.



4. Slowly push the plunger to inject all of the medicine, still pinching the skin. Count to 10 before you pull the needle out.



5. Pull the needle straight out, at the same angle you inserted it.
6. Your syringe may have a safety shield. If it does, after removing the needle, push the plunger until you hear the click and the safety shield covers the needle.
7. Put the used syringe in a plastic or metal container with a tight lid. Don't put it right into the trash. When the container is full, close the lid and put the container in the trash.
8. If there is bleeding at the injection site, press a tissue on the site for up to 3 minutes. Do not rub the site — rubbing can increase bruising