

A Caregiver's Guide to Preparing and Administering Subcutaneous Injections at Home

Prepared by MWS Home Care & Home Hospice



When to use this guide

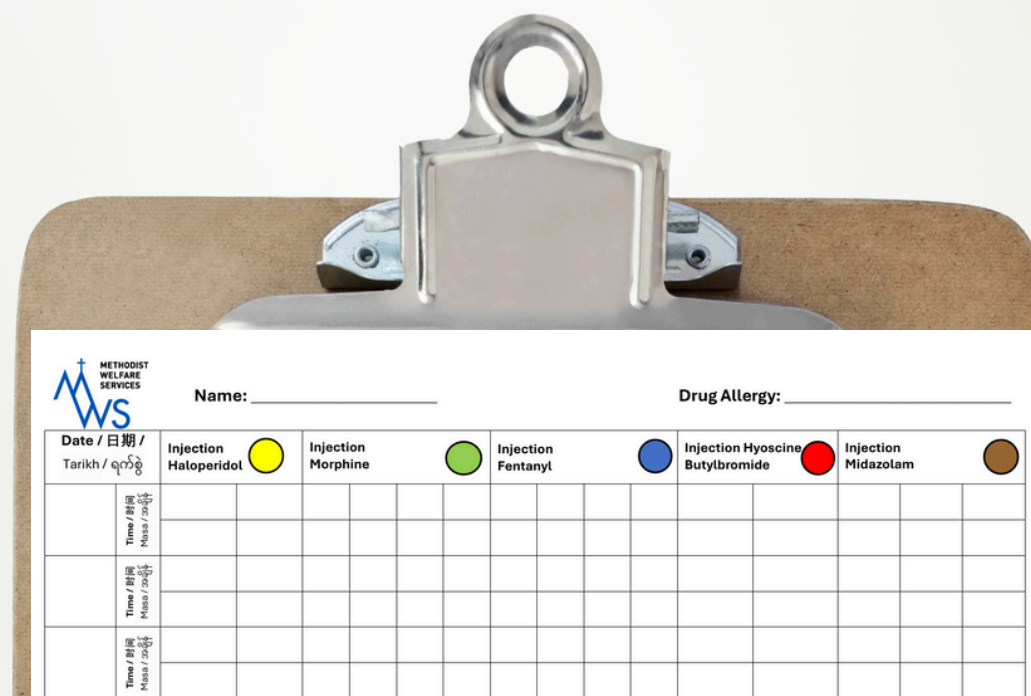


This is a quick how-to guide for caregivers who need to administer an injection.

Use this guide when your loved one:

- Can no longer swallow oral medications
- Develops symptoms that cannot be treated with oral medication (e.g shortness of breath, anxiety, restlessness)
- Has severe nausea or vomiting

How often should I give injections?



Your home hospice doctor or nurse will instruct you on the frequency of injections. You will be given a log sheet to record the dates and times of the injections given.

What do I need to prepare?



- A prescription from the home hospice doctor to purchase the required medications from a hospital pharmacy
- Medications in glass vials
- Alcohol swabs
- Insulin syringes (U-100 with 30G-31G, 6 - 8mm needle) OR a 3ml syringe
- A disposable plastic container/bottle to dispose of the used syringes

What should I look out for?



Please inform your home hospice nurse if your loved one shows any of the following signs around the injection site:

- Redness
- Swelling
- Pain

Steps in Administering Subcutaneous Injections

Break the glass vial

1



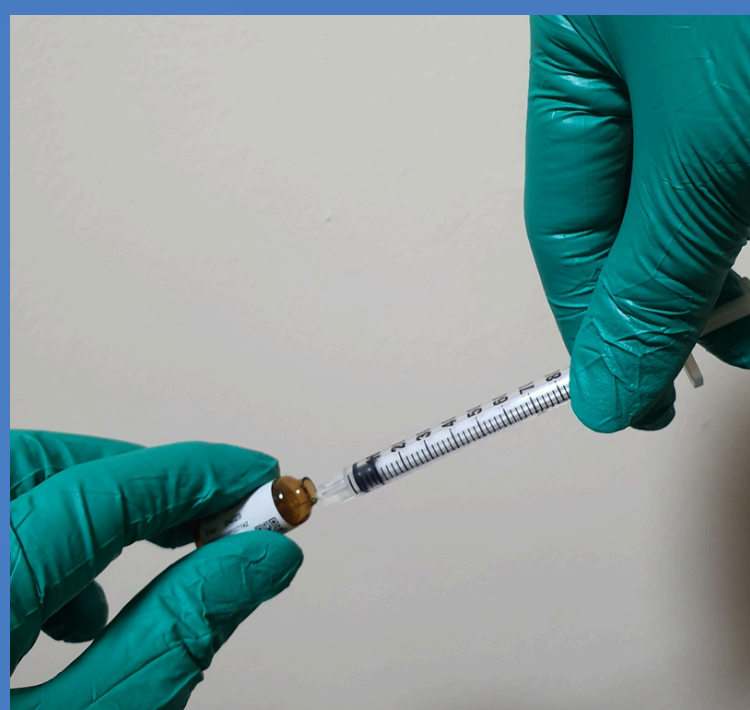
Step 1
Ensure the dot on the vial faces outward, away from you. The dot is the breaking point of the vial.



Step 2
Use an alcohol swab to cover the head of the vial. With both thumbs placed as above, break the neck of the vial from its body away from you.

Withdraw the medicine

2



Step 1
Insert the insulin syringe into the opened vial and prepare to withdraw.

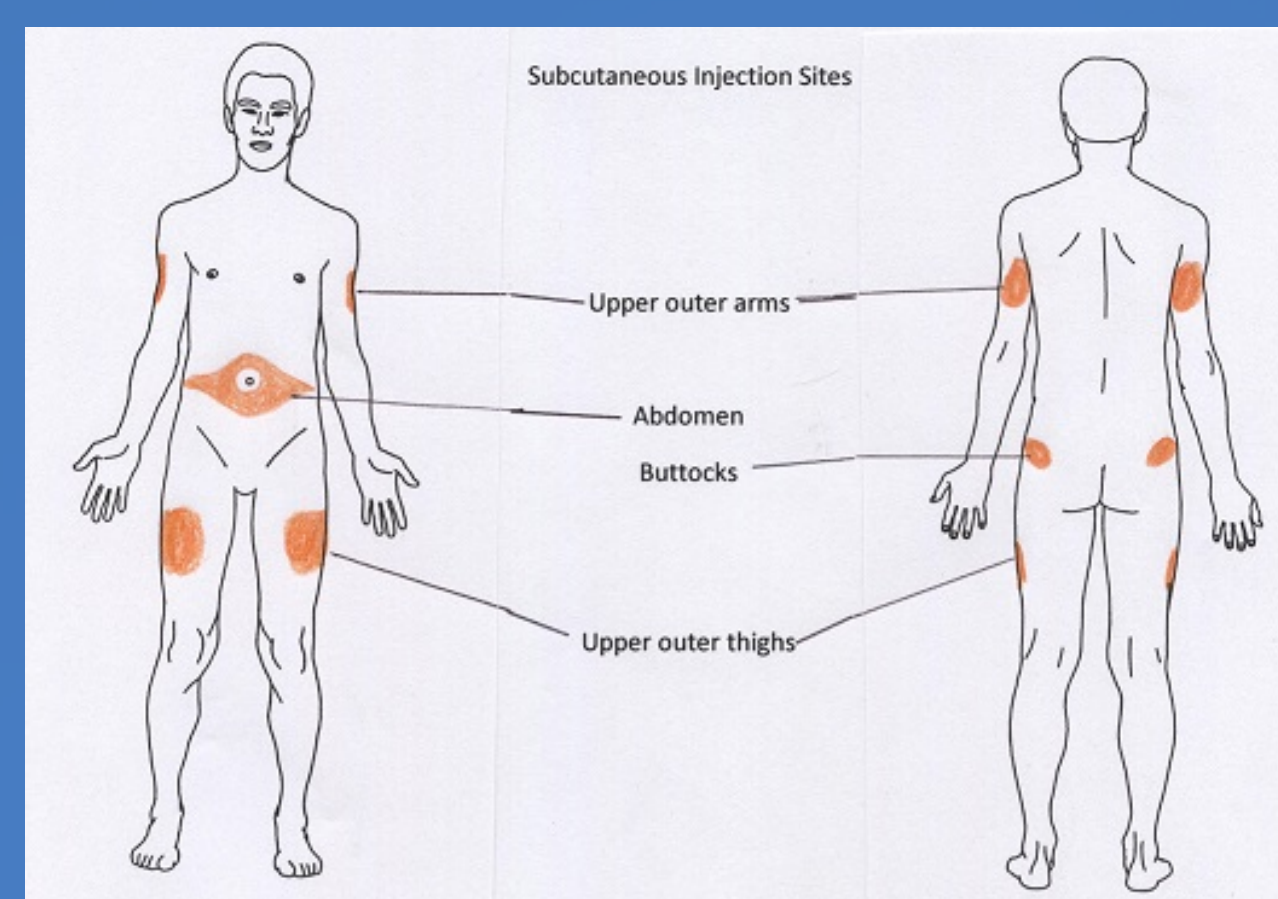


Step 2
Invert the vial. Do not be afraid of spillage. With your fingers, pull the plunger to withdraw the medicine.

Decide on injection site

3

Subcutaneous injections can be administered at several sites of the body. Avoid injecting repeatedly at the same spot. Rotate between the upper arms, abdomen, buttocks, and thighs.



Prepare for injection

4



Step 1
Wash your hands before the procedure. When injecting at the abdomen, ensure at least two fingers' spacing between the site of injection and the belly button.



Step 2
Pinch the fatty layer under the skin. Clean the site with an alcohol swab.

Inject

5



Step 1
Position the syringe at 90° to the skin and insert the needle.
Step 2
Push the plunger all the way in, and keep the needle standing for 10 seconds before removing.



There should not be any bleeding. Alert your home hospice team if you spot this.