



NYUCancerInstitute

P A T I E N T I N F O R M A T I O N

SELF INJECTION

1. WASH HANDS
2. IDENTIFY AREA ON THE ABDOMEN, THIGH, HIP, (OR UPPER ARM IF NOT SELF INJECTING). SELECT A DIFFERENT SITE EACH TIME THE MEDICATION IS INJECTED. THIS WILL HELP AVOID SORENESS IN ONE AREA.
3. CLEANSE THE SKIN WHERE THE INJECTION IS TO BE MADE WITH AN ALCOHOL SWAB. HOLD THE SYRINGE "LIKE A DART" BETWEEN THE THUMB AND FIRST FINGER, CLOSE TO THE SYRINGE/NEEDLE CONNECTION.
4. WITH THE OTHER HAND, PINCH ABOUT AN INCH OF SKIN BETWEEN THUMB AND FOREFINGER, FORMING A BULGE IN THE SKIN AT THE INJECTION SITE.
5. INSERT THE NEEDLE QUICKLY INTO THE SKIN AT A 45-DEGREE ANGLE. RELEASE PINCHED SKIN.
6. INJECT MEDICATION SLOWLY BY PUSHING THE PLUNGER ALL THE WAY DOWN IN ONE CONTINUOUS MOTION.
7. HOLD THE ALCOHOL SWAB NEAR THE NEEDLE, AND PULL THE NEEDLE STRAIGHT OUT OF THE SKIN. PRESS THE ALCOHOL SWAB OVER THE INJECTION SITE FOR SEVERAL SECONDS.
8. DO NOT RECAP NEEDLE!!! IMMEDIATELY AFTER USE DISCARD USED SYRINGE AND NEEDLE INTO A SHARP RESISTANT CONTAINER (COFFEE CAN WITH COVER, PLASTIC DETERGENT BOTTLE WITH COVER). BRING FILLED CONTAINER INTO INFUSION ROOM FOR PROPER DISPOSAL.