Medication Administration – Giving a Subcutaneous (SubQ) Injection

Your doctor has prescribed medication for your child which must be given by injection (shot).

The medication is: _____________________________________________________.

The amount to give is: _____________________________________________.

It is to be given at these times: _______________________________________.

**To Give a Subcutaneous (SubQ) Injection:**

**Gathering Supplies:**

1. Wash your hands.
2. Gather needed supplies: syringe, medication, Band-Aid®, alcohol wipes, cotton ball or tissue.
3. Remove the new syringe from the package.

**Getting the Medicine Ready:**

4. Clean the rubber top of the medication bottle with an alcohol wipe.
5. Pull back on the syringe plunger to the amount of medication to be given.
6. Remove the protective cap covering the needle.
7. Stick the needle into the rubber stopper of the medication bottle.
8. Turn the bottle upside down and push the syringe plunger to inject the air from the syringe into the bottle.
9. With the needle still in the bottle, pull back on the plunger to fill the syringe with the amount of medication needed.
10. Take the needle out of the medication bottle.
11. Hold the syringe with the needle pointing up. Tap the syringe with your free hand to cause any bubbles to go to the top of the syringe. Gently push the plunger to remove bubbles from the syringe and needle.
12. Check that the amount of medication in the syringe is correct.
13. Put the cap back on the needle loosely.
Giving the Injection:

14. Have your child lie or sit down. Remove any clothing covering the area where the injection will be given.

15. Find the correct injection spot for your child as instructed.

16. With an alcohol wipe, clean the injection spot by wiping in circles from the spot outward.

17. Remove the cap from the needle.

18. Grasp the injection area firmly between your thumb and fingers.

19. Using a quick darting motion, insert the needle into the injection spot with the bevel (opening of the end of the needle) at a 45 degree angle.

20. Pull back on the plunger to check for blood in the syringe as instructed.
   
   - If blood is seen, remove the needle/syringe. Change the needle on the syringe and begin again. Check to see that the medication dose is still right.
   
   - If there is no blood, push the plunger slowly until the syringe is empty.

21. Quickly remove the syringe from the site. Click the safety needle cap/cover in place.

Finishing Up:

22. Rub the injection spot with a cotton ball or tissue.

23. Safely dispose of the needle and syringe in a puncture resistant container.

24. Put a Band-Aid® on the injection spot if needed.

25. Comfort and praise your child.

Safety Precautions:

- Have someone hold your child if you think he won’t be able to lie still for the injection.

- Store medication and syringes in a safe place out of the reach of children.

- Discard used needles and syringes in a hard plastic, puncture resistant container with a lid.

- Dispose of full syringe containers as directed.