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How to give a Subcutaneous Ara-C injection:

Medicines you give just below the skin are called subcutaneous injections. These injections (shots) are given into fatty areas of the body called injection sites.

The nurse will show you the following steps and give you time to practice before you give a subcutaneous injection to your child.

Getting ready

- **Wash your hands with soap and water. Dry them well.**
 - **Clean your workspace.**
 - **Gather the necessary supplies and open them onto your clean area.**
- The supplies you need are:
 - Clean, non-sterile gloves (because of chemotherapy)
 - Syringe that contains the medicine to be given.
 - Needle, 25 gauge, 27 gauge or 30gauge needle.
 - One alcohol swab
 - Sterile gauze pad or cotton ball.
- Twist the covered needle onto the syringe.
 - Choose the injection site.
 - When giving chemotherapy SQ put on clean, non-sterile gloves.



Giving the medicine

- Clean the injection site with one alcohol swab. Begin cleaning the center, moving the swab in an outward circle.
- Let the skin dry. Do not blow on the cleaned skin.
- Pull the needle cap straight off the needle (do not twist). Set the cap aside.
- Pinch the cleaned skin and fat between your thumb and first finger. Be careful not to touch the injection site itself.
- Hold the syringe between the thumb and first finger of the other hand. Insert the needle into the skin quickly like a dart. The quicker you insert the needle, the less it hurts. The needle can go straight into the pinched skin or at 45 degree angle (especially for infants & small children).
- Gently push on the plunger until all the medicine is injected.
- Take the needle and syringe out. Cover the site with the gauze or cotton ball and apply pressure to the site for several seconds.
- Do not recap the needle. Place the needle and syringe into a used needle container (sharps container or hard plastic container such as detergent bottle or coffee can).
- Throw away soiled bandages, gloves, gauze in plastic bags. Close these bags well before you put them in the garbage can with your other trash.



Did you know...

How to give subcutaneous injections

Injection sites

The usual injection sites are:

- Back of the upper arms,
- Thighs, and
- Abdomen (except for the navel and the waistline)

Rotating the sites is important so that the fat areas do not get irritated or scarred.

