

Self-Administered Subcutaneous Injection Guidelines

A subcutaneous injection delivers medication into the fatty layer beneath the skin. This method is done using very thin, short needles. Most patients are tentative the first time they self-inject but become more comfortable with the technique after only a few injections.

Study this guide thoroughly before self-administering the initial dose and contact your doctor or our pharmacy if there's anything that's unclear or of concern.

BEFORE YOU START, CONSIDER

SAFETY

- » It is best to have a capable adult nearby anytime you start a new medication.
- » Ideally, the very first dose should be given in the doctor's office with the assistance of a nurse.

WORKING AREA LOCATION

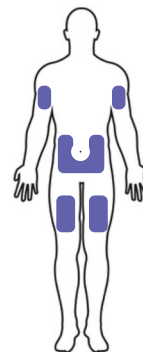
- » The location needs to be a clean, well-lighted space.
- » Be able to comfortably position your body to reach and expose the injection site.

GATHER THE COMPONENTS

- » You'll need the vial of Semaglutide, a syringe, alcohol swabs and a puncture-proof sharps container for disposing the used needle.
- » The injection may be a little more comfortable if the medication is allowed to warm to room temperature. If this is your preference, take the vial out of the refrigerator about 30 minutes before the injection.

SELECT AND PREPARE THE INJECTION SITE

- » Subcutaneous injections can be given in the:
 - upper arm
 - top of the thigh
 - abdomen (at least two inches away from the belly button)
- » Choose a smooth area of skin, away from burns, scars or previous injection sites.
- » Clean the injection site with an alcohol swab and let dry.
- » Rotate the injection site each week.



PREPARE THE MEDICATION | DRAW UP THE SYRINGE:

- » Wash your hands.
- » Snap the cap off of the vial and wipe the rubber stopper with a new alcohol swab.
- » Take the cap off the needle and pull back on the plunger to draw air into the syringe. The air will be injected into the vial prior to drawing up the dose. The volume of air injected into the vial should equal the volume of medication to be drawn out of the vial.
- » Fully insert the needle into the rubber stopper and push the plunger so the air goes into the vial.
- » Keep the needle in the stopper and turn the vial upside down. The vial will remain upside down until the full dose is drawn up and the needle is ready to be removed.
- » Keep the tip of the needle in the liquid and pull back on the plunger to draw the medicine into the syringe.
- » Fill the syringe with medication to the amount prescribed.
- » Check for air bubbles and gently tap the syringe to move any bubbles to the tip. Inject any air collected at the tip of the syringe back into the vial.
- » The dose can only be correctly measured when there is a full column of liquid from the tip of the syringe to the end of the plunger that is free of air bubbles. The very end of the plunger should be at the measuring mark matching the prescribed dose.
- » Turn the vial right-side-up and pull the needle out. You are ready to inject the medication.

GIVING THE INJECTION:

- » With your non-dominant hand, gently pinch and hold a fold of skin and fat at the injection site where it was cleaned with the alcohol swab.
- » Hold the syringe like a pencil with your dominant hand and position the needle so that it will go straight into the skin (90-degree angle).
- » Insert the needle as far as it will go with one smooth decisive movement.
- » Once the needle is in, you can release the pinch of skin and use your non-dominant hand to steady the syringe.
- » Inject the medication by slowly pushing the plunger all the way down. When the dose has been completely injected, remove the needle.
- » Place the alcohol wipe over the injection site and apply pressure for 30 seconds.
- » Discard the needle in the sharps container without recapping it and wash your hands.
- » Do not reuse needles.