

# Giving Your Child Subcutaneous Shots (Non-insulin)

## 1 What is a subcutaneous shot?

A subcutaneous shot is an injection given into the fatty layer of tissue just under the skin.

## 2 Gather supplies

- Medicine
- Syringe size: \_\_\_\_\_
- Needle size: \_\_\_\_\_
- Alcohol swab
- Band-Aid
- Sharps container for disposal of needle and syringe

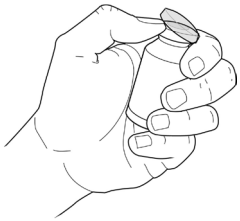


Wash your hands thoroughly with warm water and soap before and after all injections.

## 4 Get the syringe ready

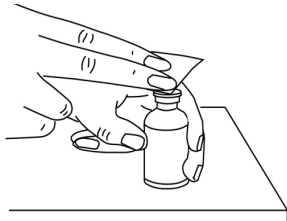
- Get the syringe ready right before you give the shot. Do not get syringes ready ahead of time for the next shot.
- Get out the supplies and place them on a clean surface.
- To open the medicine vial for the first time, flip off the plastic top and throw it away. Make sure the medicine is clear (free of particles and not discolored).
- Medication vials and/or syringes may look different depending on which pharmacy they come from.
- Check the expiration date on the medicine vial.

## 5 Remove the cap



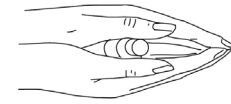
Remove the outside cap - flip off the plastic or metal cap covering and throw it away. The rubber cap stays.

## 6 Clean the vial



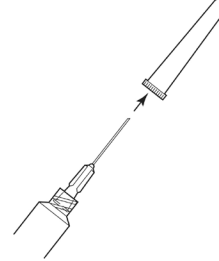
Clean the top of the vial with alcohol.

## 7 Prepare the medicine



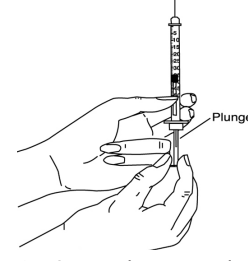
Prepare the medicine, if needed, as instructed on the medicine label.

## 8 Remove cap

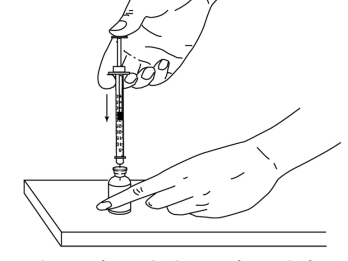


Remove the cap.

## 9 Pull air into syringe, inject into vial

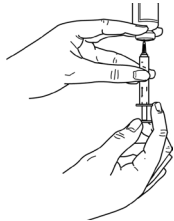


Syringes have a plunger inside. Pull down on the syringe plunger to draw \_\_\_\_\_ mL of air into the syringe.



Inject the air into the vial.

## 10 Draw the dose



Turn upside down, pull plunger down, to draw in medicine dose.

## 11 Check the syringe



Check for air bubbles. If you see some bubbles, take the needle out of the bottle, turn the syringe upside down and flick it to get the bubbles to the top. You can then put the needle back in the bottle and draw up a bit more medicine and push the air out to get the right amount of medicine. With the needle pointing at the ceiling, push the plunger up to get the right amount of medicine. Do not let the needle touch anything. It is ready to use! (Note: tiny bubbles are not harmful, but they can take the place of medicine which can affect the dose.)

### To Learn More

- Ask your healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

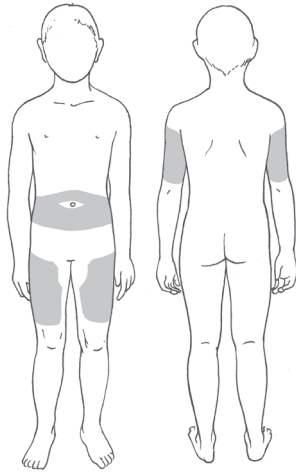
### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

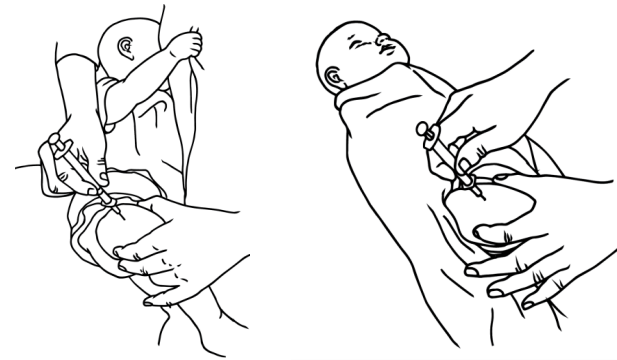


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## 12 Find the injection site and position your child

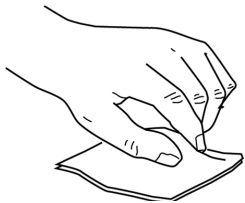


Pick a place to give the shot. Learn which of these shaded body sites are the best to give your shots (around the belly, back of the upper arm, or front of the upper thigh).

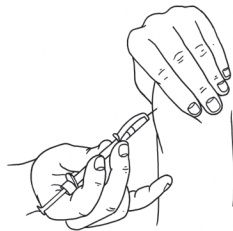


Position options for baby:  
Hold baby in your lap or lay flat, swaddled.

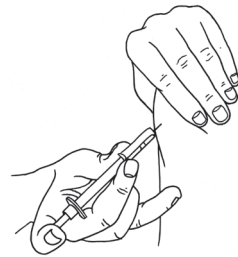
## 13 Give the shot



Clean the skin on the area where you plan to inject with an alcohol wipe and let it dry for 30 seconds.



Hold the syringe like a pencil.



1. Pinch the skin with your thumb and forefinger and insert the needle at \_\_\_\_\_ degrees.
2. Slowly push the plunger all the way down, injecting all the medicine.
3. Release the “pinch” after all the medicine is in, and slowly pull out the needle.

## 14 After the shot

1. If the skin is leaking blood or another liquid, place a Band-Aid where you gave the shot.
2. Dispose of the entire syringe and needle in a sharps container. There is no need to place the plastic cap back on the needle.
3. Wash your hands.
4. Call your nurse or doctor if a lump or bruise that doesn't go away, or constant redness, heat or pain happens where you gave the shot.
5. Write down what place you used for this shot. Be sure to give the next shot at least 1 inch away from the last injection location. If you use the same place too much, the area can become hard and swollen or sunken-in.



Watch the video “How to Give an Injection of an Anticoagulation Medicine”  
[youtube.com/watch?v=Odf1OH6ePvM](https://www.youtube.com/watch?v=Odf1OH6ePvM)