1. Gather supplies:
   - pre-filled medicine syringe
   - alcohol wipe and gauze
   - pierce-proof container for syringe disposal (such as heavy plastic bottle)
   - ice pack to numb injection site

2. Clean your hands with soap and water or hand sanitizer.
   Sit, stand, or lie in a comfortable position with your belly showing.

3. Choose an injection site at least 2 inches from either side of your belly button. Numb area with ice pack for 2 minutes if desired.

4. Wipe the injection site with an alcohol pad and let dry.

5. Remove the cap from the needle by pulling it straight off.

6. Hold the syringe like a pencil in your writing hand.
1-2-3-4-5
Count for 5 seconds, then let go of skin and remove needle from injection site. Lightly hold gauze over injection site. Reapply ice if desired. DO NOT RUB!

With your other hand, gently hold the skin around the injection site using your fingers to make a “C” shape.

Quickly insert needle straight into skin between fingers at 90-degree angle.

Slowly push down plunger until syringe is empty.

Hold syringe away from yourself and push plunger until safety cover pops over needle.

Throw syringe away in pierce-proof container.