



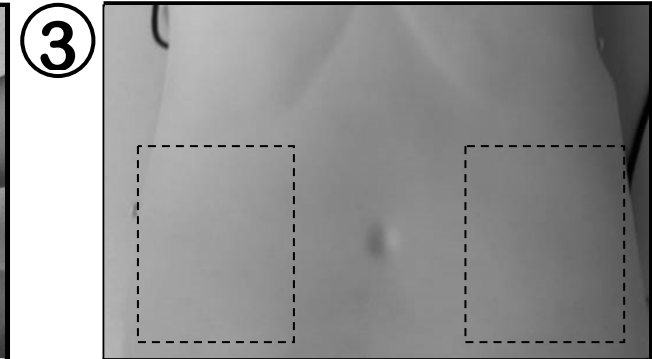
Gather supplies:

- 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



Clean your hands with soap and water or hand sanitizer.

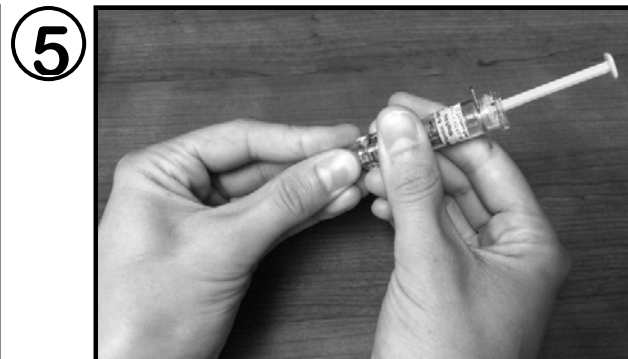
Sit, stand, or lie in a comfortable position with your belly showing.



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.



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



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



Hold the syringe like a pencil in your writing hand.

7



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

8



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

9



Slowly push down plunger until syringe is empty.

10

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!**

11



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

12



Throw syringe away in pierce-proof container.