



**RankenJordan**  
PEDIATRIC BRIDGE HOSPITAL

## **Subcutaneous Injection Administration**

- Your child needs to get a medicine by injection (a shot). The shot needs to be given subcutaneously, which means it is given in the layer of fat between the skin and the muscle.
- Subcutaneous injections are given with a very small needle.

### **Where to give a subcutaneous injection:**

- ✓ Stomach
- ✓ Back of upper arms
- ✓ Upper thighs
- Give the shot in a different spot each time you give it. You can keep a log of where you give the shot each day.
- Choose a site that is at least 2 inches away from the last injection site.
- Stay away from areas that are red, swollen, or bruised.

### **How to give your child a subcutaneous injection:**

1. Prepare your child for the shot.
2. Gather your supplies:
  - a. Medicine – it is usually a pre-packaged syringe
  - b. Alcohol wipes
  - c. Cotton ball or band-aid
  - d. Sharp's container (or coffee can)
3. Inspect the medicine for any color changes or lumps. Check that it is not past its expiration date.
  - a. If the medicine doesn't look right, call your pharmacy.
  - b. If the medicine is expired, throw it away, and get a new dose.

4. Check to make sure that you have the correct amount of medicine in the syringe.
  - a. If there is a small air bubble in the syringe, leave it in the syringe.
  - b. The air bubble pushes the medicine through the needle, so your child gets the full amount of medicine.
5. Wash your hands.
6. Pick an injection site and have your child remove clothing from that area.
7. Clean the site with an alcohol wipe and let it air dry.
8. Take the needle cover off and hold the syringe like a dart.
9. With the other hand, gently pinch up an area of skin where you cleaned.
10. With a quick motion, insert the needle into the skin.
  - a. You should insert the needle at a 45–90-degree angle or as directed by your child’s nurse or doctor.
  - b. If you can pinch 2 inches of skin between your fingers, insert the needle at a 90-degree angle. This angle will work best with larger or older children with more subcutaneous tissue.
  - c. If you can pinch only 1 inch of skin between your fingers, insert the needle at a 45-degree angle. This angle will work best with smaller or younger children with less subcutaneous tissue.
11. Push the plunger slowly until the syringe is empty.
12. Let go of the pinched-up skin with the needle still in the skin and wait a few seconds.
13. Pull the needle out of the skin and gently cover the injection site with a cotton ball or ban-aid. Do not rub or push on the skin.
14. Use the needle’s safety system to cover the needle.
15. Put the syringe and needle in the sharps container or coffee can.

**When to call your child's doctor?**

- You are unable to give the injection for any reason.
- The injection site bleeds for more than 10 minutes.
- You gave the medicine in the wrong area.
- You injected too much medicine.
- The injection site has a rash.
- There is redness, warmth, swelling, or drainage at the injection site.
- Your child has a fever of 100.4° F (38.0°C), or higher or as directed by your provider.
- Any signs of allergic reaction which include:
  - Trouble breathing
  - Coughing
  - Sneezing
  - Hives
  - Rash