

What is a sub Q injection?

Some medicines need to be given as a shot (injection). The shot that your child needs is called subcutaneous (sub Q). This means under the skin and into the fat.

What supplies do I need?

- Soap and water
- Alcohol wipe or rubbing alcohol with cotton balls
- BandAid® (optional)

If you do not have pre-filled syringes, you will also need:

- Bottle of medicine
- Special sharps box or other container
- Syringe with needle

Steps to follow

1. Wash your hands with soap and water.

If you have a pre-filled syringe, go to step 9.

2. Wipe the top of the medicine bottle with alcohol.
3. Take the cover off the needle.
4. Pull air into the syringe equal to the amount of medicine you will give to your child. **(Figure 1)**
5. Push the needle into the medicine bottle, and then push the air in.
6. Keeping the needle in the bottle, turn the bottle upside down. Have one hand on the bottle and one hand on the syringe. **(Figure 2)**
7. Pull the plunger back, filling the syringe halfway. Look for any air bubbles. If air bubbles are seen, slowly push the medicine back into the bottle and repeat Steps #6 and #7.
8. If there are no air bubbles, slowly pull back the plunger to the correct dose. **(Figure 3)** **Important: Do not tap the syringe** while in the vial to get the bubbles out. This bends the needle. A bent needle can break off in the skin. If the needle bends, start over.
9. Wash the area getting the shot with soap and water.
10. Loosely pinch the area where you will give the shot. You may need another person to help if your child can not hold still. Good places to give the shot are the:
 - backs of the upper arms.
 - front of the upper legs.
 - stomach area.
 - top of the butt.

Your nurse will show you where to give the shots and how to position the needle. **(Figure 4)**

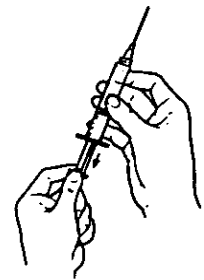


Figure 1.

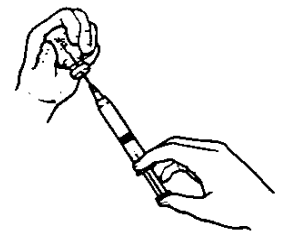


Figure 2.

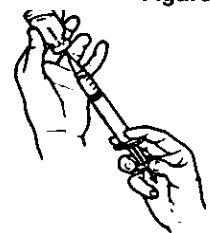


Figure 3.

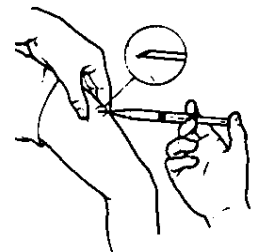


Figure 4.

Steps (Continued)

11. With the other hand, hold the syringe like a pencil.
12. Quickly and firmly, push the needle into the skin.
13. Push the plunger all the way down, so the medicine goes in.
14. Let go of the skin, and then take the needle out.
15. Throw syringe and needle away in the sharps box or other container. Do not put the needle in your garbage.
16. Return the medicine to a safe place out of reach of children.
17. Write down the time and where your child received the shot (like, left arm or right arm.) This is so you can remember to give the next shot in a different spot.

What your child will feel

- The needles for sub Q shots are small and thin. The shot may hurt a little. It feels kind of like a mosquito bite. The needle is more scary than hurtful.
- Tell your child that the shot is important and that it must be given. Give a toy to play with or let your child yell out at the count of three. This may help your child. Listen to your child's fears but be firm and calm. You might feel nervous, but if you act calm it will help your child be calm.
- Give your child hugs and praise after the shot. Hugs will make you both feel better.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child:

- Has an allergic reaction after getting the medicine such as a rash or trouble breathing. Call 9-1-1 right away if this happens.
- Gets hot and red on the site where you gave the shot.
- Has been given the wrong dose of medicine.
- Has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.