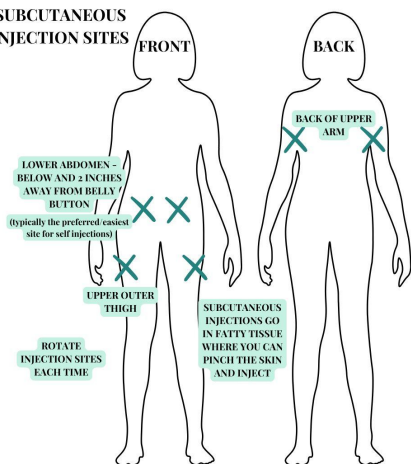




Subcutaneous Injection Instructions

A subcutaneous (SQ or subQ) injection is a medication injection given into the fatty layer of tissue just beneath the skin. This allows the medication to be absorbed slowly and steadily into the bloodstream.

SUBCUTANEOUS INJECTION SITES



Common injection sites include:

- Abdomen (at least 2 inches away from the belly button)
- Outer thigh
- Back of the upper arm (if able to reach)

Subcutaneous injections typically use a small needle and are well tolerated. Many medications, including some hormone therapies, insulin, and GLP-1 medications, are commonly given this way.

Click [HERE](#) for a video, step-by-step instructions, and frequently asked questions regarding how to administer a subcutaneous injection.

For most subQ injections, you will use “insulin” syringes with measurements in units. Markings will typically be 10, 20, 30, 40, and so on. Your prescription will be for X units per dose. Insulin syringes look like this →		Some subQ injections - including testosterone injections - may use syringes with measurements in milliliters or mL. Markings will typically be for 0.1, 0.2, 0.3, 0.4, and so on. These syringes look like this →	
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10 units is equivalent to 0.1 mL. 20 units = 0.2 mL, 30 units = 0.3 mL, 100 units = 1 mL, and so on.

Pay attention to whether your prescription is written as units or mL and what kind of syringe you have. If you are not sure about your dose, or have any questions, please reach out to us right away.

You can purchase additional syringes here:

[SUBQ SYRINGES 50 UNITS](#) - For GLP1 medications

[SUBQ SYRINGES 100 UNITS](#) - For GLP1 medications

[SUBQ TESTOSTERONE SYRINGES](#) - For testosterone injections