

## **INJECTION (SUBCUTANEOUS)**

### **PURPOSE:**

To inject a small quantity of medication under the skin.

### **EQUIPMENT:**

1. Sterile syringe.
2. Sterile needle, 24 to 28 gauge, 3/8 to 5/8 inch.
3. Antiseptic sponges.
4. Correct medication and dosage.
5. Sharps container.

### **PROCEDURE:**

1. Select site of administration, rotating sites to prevent unnecessary trauma and to aid in absorption.
2. Preferred sites for injection include dorsolateral aspect of the arm, three to five inches above the elbow; the abdomen, excluding the area one inch in diameter around the umbilicus and the belt line; the anterior and lateral thighs, approximately three inches above the knee.
3. Place the resident in a safe and comfortable position, compatible with the resident's physical condition.
4. WHEN ADMINISTERING HEPARIN OR INSULIN, FOLLOW LISTING OF COMMON INJECTION SITES AND ROTATE SITES.
5. Medications that are injected slowly will absorb more effectively and cause less discomfort. Before giving any new medication, assess for any resident allergies.
6. Inform the resident you are ready to give the injection and cleanse site using friction; allow to dry.
7. Expel air from syringe. Accumulate a well-defined roll of skin with thumb and index finger and insert needle to its full length at a 45- to 90-degree angle, depending on the amount of tissue available.
8. Aspirate by pulling back on plunger gently. If blood appears, withdraw needle, discard, prepare another dose of medication and choose another site.
9. Inject medication slowly and remove needle quickly and gently at same angle used for insertion.
10. Apply pressure to the injection site with an antiseptic wipe; massage the site gently with a circular motion to enhance absorption, unless contraindicated.
11. Assess the area for bleeding.
12. Discard uncapped syringe in sharps container.
13. Leave resident in comfortable position with call light within reach.

### **WHEN ADMINISTERING HEPARIN SUBCUTANEOUSLY, FOLLOW THE ROUTINE PROCEDURE WITH THE FOLLOWING EXCEPTIONS:**

1. Do not aspirate the needle placement as this can cause tissue damage and hematoma formation.
2. The abdomen is the preferred site for heparin administration.
3. The injection should not be made within two inches of the umbilicus or a scar.
4. Never inject heparin into an ecchymotic area.