



## AT-HOME WEIGHT LOSS INJECTION INSTRUCTIONS

For your safety and in order to obtain optimum results, the instructions below should be followed

**Before you begin, there are a few supplies you will want to purchase. Some of the most important things you will need are:**

- Alcohol Wipes: These will be provided to you by our staff. These are important for sanitizing the injection area and syringe.
- Syringe & Needle: These will be provided to you by our staff. They will be pre-drawn to the dose agreed upon with your provider.
- Sharps Container: This is a safe and proper way to dispose of used needles. You can purchase them at most drugstores or Amazon. You may also purchase from our office.

### How to Prepare an Injection Site for At-Home Administration

#### **Step 1:** Clean the Area with an Alcohol Pad

The first step to injecting medication is to clean the site with an alcohol wipe. This will help prevent potential infections and ensure that no outside bacteria or germs enter your body during the injection.

#### **Step 2:** Let the Area Dry Completely

After cleaning the site, allow it to dry completely before the injection. Keeping the skin dry ensures the medication will be correctly absorbed into your body.

#### **Step 3:** Pinch a Fold of Skin for Easy Injection

Right before you insert the needle, you will want to pinch a fold of skin. This helps make the injection site more accessible and less painful.

### How to Administer an At-Home Weight Loss Injections

Once you have prepped your injection site, it is now time to inject the medicine. First, remove the cap off of the syringe being careful not to touch the needle.

**Important Note:** Please make sure that there are no air bubbles in the syringe. This can lead to complications and an inaccurate dose.

#### **Step 1:** Remove the Cap Off the Syringe

#### **Step 2:** Insert the Needle into the Site & Begin Injecting

Now that your syringe and injection site are ready, you can now begin injecting the medicine. To do so, quickly insert the needle into the skin and begin to slowly press down on the plunger. You will know you are done when the syringe is completely empty, and you feel a small pinch.

#### **Step 3:** Remove the Needle & Dispose of it Properly

Once the injection is complete, remove the needle from your skin and dispose of it in the sharps container.

#### **Step 4:** Clean the Site with an Alcohol Pad & Place a Bandaid if Necessary

After taking care of the needle, use another alcohol wipe to clean the injection site again. If there is any slight bleeding, you can cover it with a bandaid.

### **Signs You Should Contact a Medical Professional after an At-Home Injection**

While at-home injections are generally safe, some signs you should watch out for may indicate a need to contact either our office or a medical professional. These include:

- Severe pain or discomfort after injection
- Bleeding that does not stop 10 minutes after the injection
- Redness, swelling, and warmth around the injection site
- Any allergic reactions such as hives or severe itching
- If you notice any of these reactions, please contact a professional as soon as possible before continuing with your next injection.