



UNDERSTANDING YOUR SYRINGE

Your syringe is a U-100 insulin syringe, which means:

1 mL = 100 units

The numbers printed on the syringe represent **units**, not milliliters.

SYRINGE MARKINGS EXPLAINED

On a 1cc (1mL) syringe:

- 10 units = 0.1 mL
 - 20 units = 0.2 mL
 - 30 units = 0.3 mL
 - 40 units = 0.4 mL
 - 50 units = 0.5 mL
 - 100 units = 1.0 mL (full syringe)
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HOW TO DRAW THE CORRECT DOSE

- 1** hold the syringe, (adding air) pull back the plunger to your prescribed unit marking (see your script).
 - 2** Turn vial upside down.
 - 3** Insert the needle into the vial. **HOLD THE VIAL, NOT JUST THE SYRINGE**
 - 4** Push air into the vial.
 - 5** Draw medication until the top black rubber stopper inside the tub lines up with **your prescribed unit** mark, not more.
 - 6** Remove air bubbles if any is in the syringe.
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IMPORTANT REMINDERS

- ✓ Always confirm your prescribed dose in units
- ✓ Never guess between markings
- ✓ **If unsure, contact your provider or pharmacist**
- ✓ Use a new sterile syringe for each injection

HOW TO INJECT YOUR PEPTIDE

Follow These Simple Steps

1 PREPARE YOUR MEDICATION

- Wash your hands thoroughly with soap and water.
 - Gather your supplies: medication vial, insulin syringe, alcohol pads, and sharps container.
 - Clean the top of the vial with an alcohol pad.
 - Draw up the prescribed dose using a new, sterile insulin syringe.
 - Remove air bubbles if any is in the syringe carefully.
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2 CLEAN THE INJECTION SITE

- Choose an approved subcutaneous injection area (commonly lower abdomen or outer thigh).
 - Avoid areas that are bruised, scarred, irritated, or tender.
 - Clean the skin with an alcohol pad and allow it to air dry completely.
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3 ADMINISTER THE INJECTION

- Gently pinch the skin to lift the fatty tissue.
 - Insert the needle into the subcutaneous tissue at a 90° angle *(or 45° angle if advised by your healthcare provider)*.
 - Inject the medication slowly and steadily.
 - Remove the needle and apply gentle pressure if needed.
 - Do not rub the injection site.
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4 DISPOSE SAFELY

- Place the used syringe and needle immediately into an approved sharps container.
 - Do not recap the needle.
 - Follow local regulations for proper sharps disposal.
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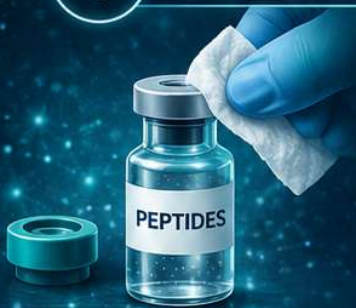
IMPORTANT REMINDERS

- ✓ Use a new sterile syringe for each injection
- ✓ Rotate injection sites
- ✓ Store medication as directed
- ✓ Contact your provider if you experience redness, swelling, pain, or unusual symptoms

HOW TO INJECT A PEPTIDE

FOLLOW THESE SIMPLE STEPS:

1 PREPARE YOUR PEPTIDE



- ✓ Remove cap and wipe the top of the vial.
- ✓ Draw up your peptide with a clean insulin syringe according to your dosage.



2 CLEAN THE INJECTION SITE



- ✓ Disinfect the injection area using an alcohol pad, preferable areas include the lower abdomen or thigh.



3 ADMINISTER THE PEPTIDE



- ✓ Pinch the skin, insert the needle at a 90-degree angle, and inject the peptide solution slowly under the skin.



4 DISPOSE PROPERLY

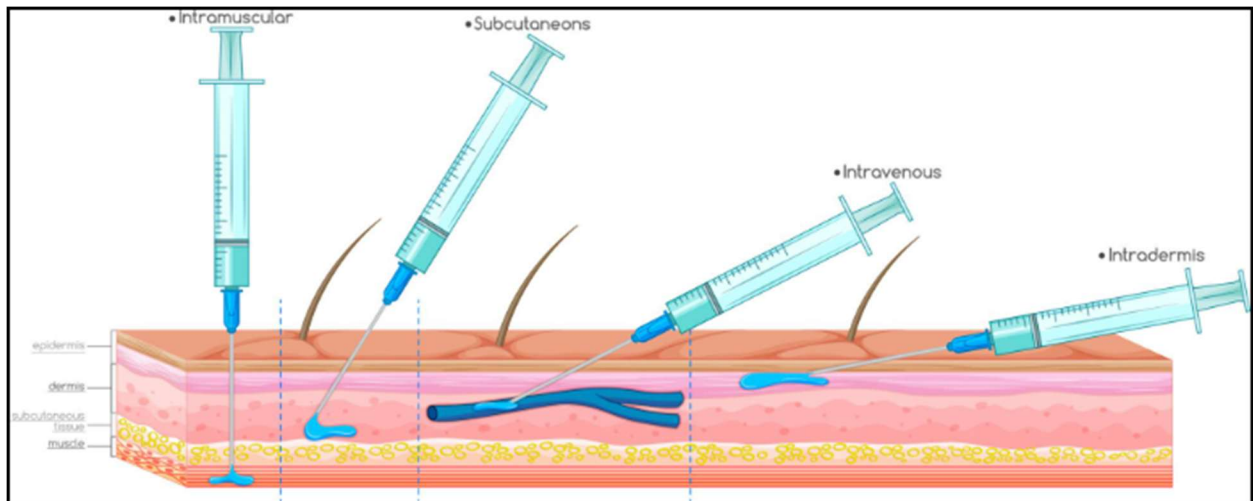
- ✓ Safely dispose of the used syringe and needle by placing it in a biohazard sharps container.



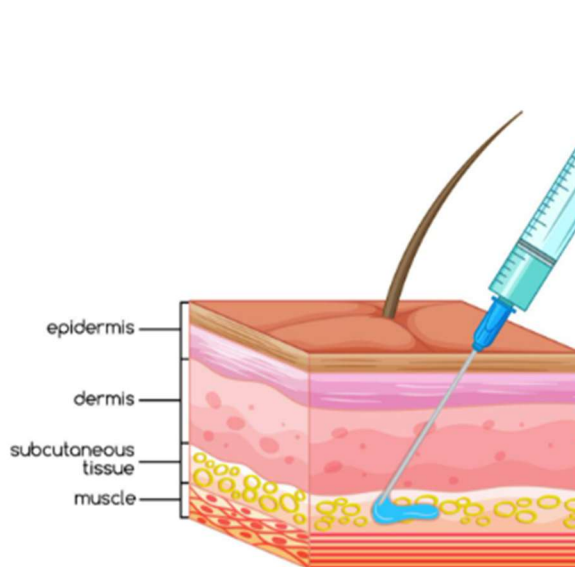
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Subcutaneous Injection



- 1 Assemble the necessary equipment, including the medication, a sterile needle, alcohol swabs, and a bandage.
- 2 Clean the injection site with an alcohol swab.
- 3 Pinch a fold of skin and insert the needle at a 45-degree angle to the skin.
- 4 Push the plunger of the syringe to inject the medication just under the skin.
- 5 Remove the needle and apply a bandage to the injection site.