

## F-140 Subcutaneous Injections

### Purpose

Administer medication into the subcutaneous tissue space.

### Applies To

Registered Nurses

Licensed Practical/Vocational Nurses

Other (*Identify*): \_\_\_\_\_

### Equipment/Supplies

- 1 to 3 ml syringe.
- Needle (25-27 gauge, 3/8 to 5/8 inch).
- Alcohol prep pads.
- Disposable gloves.
- Medication to be administered.
- Sharps container and trash bag.

***Note: Fluid volume is not to exceed 1.5 ml for adults,  
1.0 ml for children and  
0.5 ml for infants per single injection.***

### Procedure

1. Wash hands. Refer to the Hand Washing procedure.
2. Don clean gloves.
3. Select appropriate injection site.
  - a. When administering heparin, use abdominal injection sites.
  - b. When administering daily insulin injections, rotate injection site daily.
4. The ADA recommends using the abdomen as the primary site for insulin injections.
5. Prepare medication according to the *Preparing Injections from Ampules and Vials* procedure.
6. Assist the client to a comfortable position.
7. Select administration site. Cleanse the injection site with alcohol prep pad. Start at center and rotate outward in circles approximately two inches.
8. Remove needle protector, pulling it straight off.

9. Pinch skin slightly with thumb and forefinger. Holding syringe between thumb and forefinger, firmly and quickly insert needle at 45 - 90 degree angle. *Angle varies with length of needle and amount of subcutaneous tissue.*
10. Secure syringe with non-dominant hand. Using dominant hand, slowly pull back on the plunger to aspirate. If blood appears in the syringe, the needle is in a vein. Withdraw needle, discard, and begin procedure again.
11. Slowly inject medication.
12. Withdraw needle and cover site with alcohol prep pad.
13. Massage site gently. If heparin is administered, do not massage. Simply maintain pressure to site for several seconds or until there is no bleeding at site.
14. Dispose of needle and syringe in sharps container. **Do not recap needles.**
15. Remove gloves and dispose of supplies according to the Agency Waste Disposal Policy.
16. Wash hands. Refer to the Hand Washing procedure.

**Documentation Guidelines**

Document in the clinical record:

1. Medication name, dose, route, site, and time administered.
2. Report of any adverse reactions given to the physician.
3. Client tolerance of the procedure.
4. Report any observations of injection sites.

**Related Procedures**

Preparing Injections from Ampules and Vials, Insulin Mixing.

**Policy History**

Approval Date	11/1/2009
Approved By	Anne Tyson, Herman Pippin, Sandra Hill
Revision Date	12/31/2009
Approved by	Anne Tyson, Herman Pippin, Sandra Hill
Revision Date	
Approved by	
Revision Date	
Approved by	