

Instructions for Injections

I will have already shown you how to give these injections. These instructions are for reference.

YOU WILL HAVE:

- a box of ampules
- needles and syringes--you do NOT need filtered needles

If the box of ampules is a series, such as mistletoe, then those ampules need to be used in order, from left to right.

HOW TO INJECT

- **Load the needle onto the syringe**, using sterile technique (avoid touching the needle and the tip of the syringe).
- After shaking the liquid to the larger portion of the ampule, **break the ampule** open, with the red dot facing away from you, or the lettering facing toward you.
- **Hold the ampule upside down**, put the needle tip into the fluid (it won't spill!), and **draw the fluid into the syringe**. Place the open side of the tip of the needle against the side of the glass to get the remaining fluid. Then hold the needle and syringe upright, and pull the plunger down so that all liquid is in one mass, and push the plunger back up until liquid fills the needle.
- Use an alcohol swab over the site where you will inject (e.g. active skin infection). **Insert the needle at a 45 degree angle with open side (bevel) up and smooth side of needle closest to skin**. Then push the plunger, slowly releasing the liquid into the subcutaneous layer underneath the skin and not the muscle. One technique is to pinch a fold of skin, insert the needle to the middle of the fold, then inject the fluid. Remove the needle; you can hold your finger or alcohol swab with slight pressure over the injection site for a moment for comfort.
- **Discard the needle** in a sharps container or other safe place (e.g. old water bottle) for later disposal.
- Occasionally you may have a small bruise or a drop of blood at the injection site; this can happen and is rarely cause for worry. There is theoretical risk of infection; I have given thousands of these injections and have yet to see one.