

Preparing for Your Injection Training

Prior to your injection training, your clinician will send prescriptions for your needles, syringes, and saline solution to your preferred pharmacy on file. You will be responsible for gathering all the necessary materials and setting up a clean space to attend your injection training using a secure online video platform.

Materials Needed

1. Draw up needle – Can be 20-23 gauge in size and 1-1.5 inches in length
2. Injection needle
 - a. For intramuscular injection: Can be 23-25 gauge in size and must be 1 inch in length
 - b. For subcutaneous injection: Must be 25 gauge in size and must be 5/8 inch in length
3. Syringe – 1mL in volume
4. Alcohol – swabs or bottled applied with gauze or cotton ball/pad
5. Band-Aids
6. Needle disposal box/container – Can buy sharps container or use an empty detergent bottle and clearly mark the bottle as containing sharps
7. Fruit – Good fruits to use are oranges, lemons, limes, or bananas
8. Optional: Saline solution (sodium chloride) – If you would like to practice with saline solution before using your medication you can order online prior to your appointment

Preparation Work

- Access materials
- Watch these videos BEFORE your injection training:
 - <https://youtu.be/ApWiQH4rzlA>
 - Intramuscular: <https://youtu.be/FgCCO9Gqt1Q>
 - Subcutaneous: <https://youtu.be/DJd02xCNNc0>
- If you would like a support person present or if there is someone else who may be providing your injections, make arrangements for them to attend with you

Set Up

- Wear clothing that allows you easy access to your injection site (upper thigh for intramuscular or stomach for subcutaneous)
- Set up in a space that is quiet and private
- Set up on a surface (table is best) where you can have all your materials in front of you
- Clean the surface and lay out all your materials (do not open until instructed)
- Set up your computer (preferred) or phone for video conferencing that is hands-free
- Wash hands before you begin