

Subcutaneous (SubQ) Injection Guide

Step-by-step administration for subcutaneous peptides and GLP-1 medications dispensed by Harmony Infusion Pharmacy.

WHAT YOU NEED

- Your prescribed Harmony Infusion Pharmacy medication vial.
- A new sterile single-use insulin syringe with the size your prescriber specified.
- Two alcohol prep pads per dose.
- A sharps disposal container approved by your local jurisdiction.
- Clean, dry hands and a clean work surface.

BEFORE YOU INJECT

- Wash your hands with soap and water for at least 20 seconds.
- Inspect the vial. The solution should be clear or per the appearance described on your label. Do not use if discolored, cloudy, or contains particulate.
- Confirm the medication name, strength, and beyond-use date on the Harmony Infusion Pharmacy label.
- Remove the vial cap if first use and wipe the rubber stopper with an alcohol prep pad. Let dry.

DRAW YOUR DOSE

- Pull the syringe plunger back to the volume your prescriber ordered, matching air to the dose volume.
- Insert the needle through the rubber stopper and push the air into the vial. This prevents vacuum.
- Invert the vial. Keeping the needle tip submerged, slowly pull the plunger back to the prescribed dose volume.
- Tap the syringe gently to move any air bubbles to the top and push them out into the vial. Re-verify dose volume.
- Withdraw the needle from the vial.

INJECT (ROTATE SITES)

- Choose a site with a soft layer of subcutaneous tissue: abdomen (at least 2 inches from the navel), front or outer thigh, or back of upper arm.
- Rotate sites with each injection. Avoid bruised, tender, scarred, or hardened areas.
- Clean the chosen site with a fresh alcohol prep pad. Let dry completely.
- Pinch a fold of skin and insert the needle at a 45 to 90 degree angle, depending on your prescriber instructions.
- Press the plunger down slowly and steadily until the syringe is empty.

- Withdraw the needle at the same angle you inserted. Apply gentle pressure with a clean cotton ball or gauze. Do not rub the site.

DISPOSE & STORE

- Place the entire used syringe immediately into your sharps container. Never re-cap or reuse a needle.
- Refrigerate your vial between 2 and 8 degrees Celsius unless your label states otherwise. Protect from light and do not freeze.
- Record the date and dose. Watch for any redness, swelling, or unusual reaction at the injection site.

Stop and call your prescriber if you experience severe abdominal pain, signs of an allergic reaction (rash, swelling, difficulty breathing), or any unexpected symptom after injection.

IMPORTANT NOTICE

These instructions are for educational reference only and do not replace medical advice from your prescribing provider. Compounded preparations are not FDA-evaluated for safety or efficacy and are not intended to diagnose, treat, cure, or prevent any disease. Harmony Infusion Pharmacy dispenses 503A compounded preparations only pursuant to a valid prescription. Contact your prescriber or Harmony Infusion Pharmacy with questions before use.