

皮下注射给药

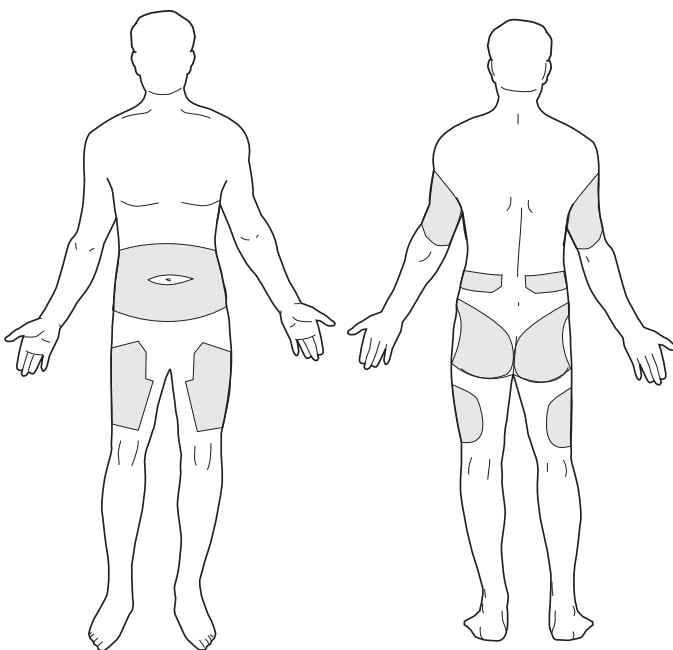
Giving Medicine by Injection Under the Skin (Subcutaneous)

These are basic instructions for giving medicine as an injection under your skin, also called subcutaneous. Your medicine may have other steps needed, so always follow the instructions given by your doctor or pharmacist.

本文是皮下注射给药的基本说明。您的用药可能还需要其他步骤，因此请务必遵循医生或药剂师的指示。

Select the Site for Injection

- Sites that can be used are:
 - ☐ Backs of the upper arms
 - ☐ Abdomen
 - ☐ Front and side of thighs or upper legs
 - ☐ Back above waist
 - ☐ Buttocks
- Some medicines are best given in certain areas. Your doctor or nurse will teach you the best areas to give your medicine.
- Stay 1 inch away from the last injection.
- Stay 2 inches away from your navel or scars.
- Do not use areas that are bruised, tender or swollen.



选择注射部位

- 可选部位包括：
 - ☐ 上臂背部
 - ☐ 腹部
 - ☐ 大腿的正面和侧面或大腿
 - ☐ 腰部以上的背部
 - ☐ 臀部
- 有些药物最适合在某些部位给药。医生或护士会告诉您最适合给药的部位。
- 距离上次注射部位 1 英寸。
- 距离肚脐或伤疤 2 英寸。
- 请勿选择瘀伤、触痛或肿胀的区域。

Before You Inject

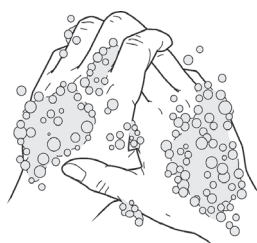
- A new needle must be used with each injection.
- Check your dose.

注射前

- 每次注射都必须使用新针头。
- 检查您的剂量。

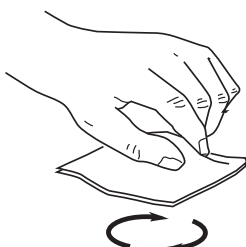
How to Inject the Medicine

1. Wash your hands.



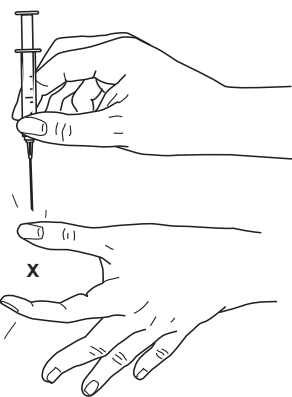
1. 洗净双手。

2. Clean your skin with an alcohol pad using a circular motion. Let the alcohol air dry.



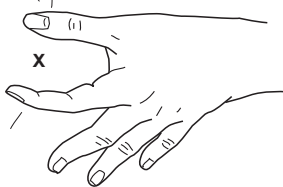
2. 使用酒精垫以圆周运动清洁皮肤。让酒精挥发。

3. Remove the needle cover and hold the syringe like a dart.



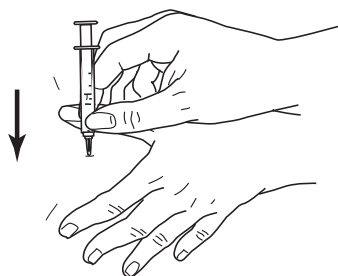
3. 取下针头盖，像投掷飞镖一样握住注射器。

4. Gently pinch the skin at the injection site.



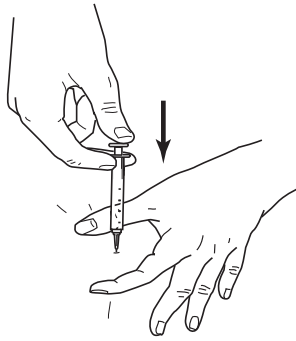
4. 轻轻捏起注射部位的皮肤。

5. Insert the needle straight into the pinched skin at a 90-degree angle.



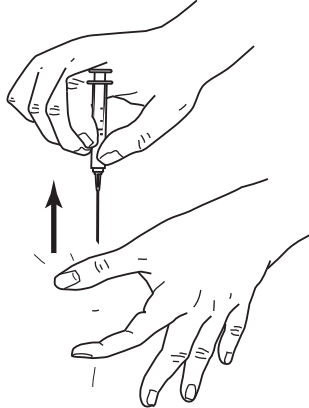
5. 以 90 度角将针头笔直插入捏起的皮肤中。

6. Let go of the skin unless you are told not to, and give the medicine slowly by pushing in the plunger.



6. 除非医生告知，否则不要松开皮肤。推动针筒缓慢给药。

7. Pull the needle out of your skin and quickly press a clean gauze onto the site. Do not rub the skin.



7. 将针从皮肤中拔出，然后用干净的纱布快速压在注射部位上。请勿摩擦皮肤。

8. Hold pressure on the site for a few seconds.

8. 在注射部位按压几秒钟。

9. Put the used syringe and needle into a strong container that has a cap or lid, such as a bleach or detergent jug.



9. 将用过的注射器和针头放入有盖的坚固容器中，例如漂白剂或洗涤剂罐。

- Do not put the cover back on the needle.
- Do not reuse or share needles.
- Close the container tightly after use.
- Keep out of the reach of children and pets.
- Ask your pharmacy how to safely throw away a full sharps container.

- 请勿将针头盖放回针上。
- 请勿重复使用或共用针头。
- 使用后请密闭容器。
- 放在儿童和宠物接触不到的地方。
- 咨询药店如何安全丢弃已装满的锐器容器。

10. Wash your hands again.

10. 再次洗手。

Talk to your doctor or nurse if you have any questions or concerns.

如果您有任何疑问或疑虑，请咨询医生或护士。