

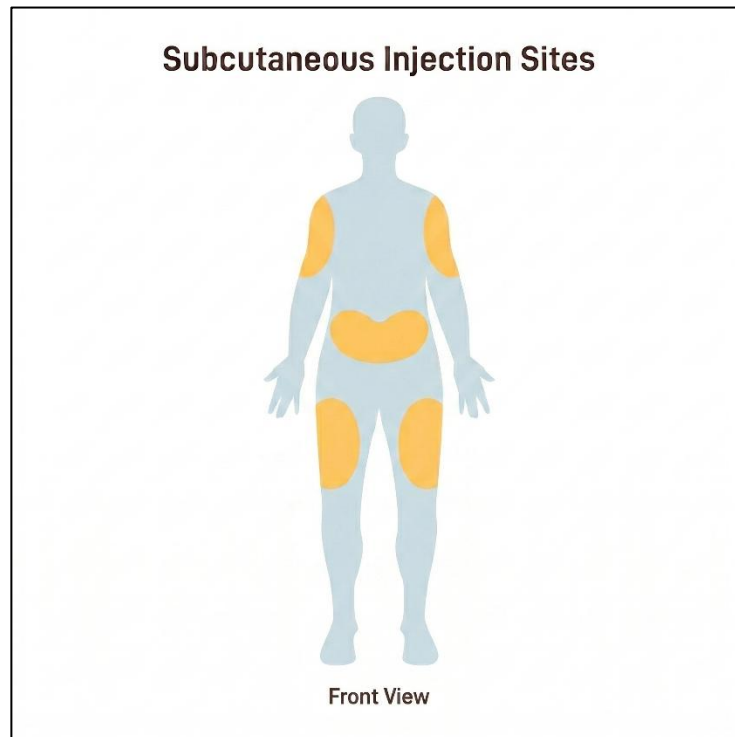
Subcutaneous Injection Protocol

Patient Administration Manual for Multi-Dose Vial Medications

MEDICAL DISCLAIMER: Always follow the exact dosage and administration instructions provided by your prescribing healthcare provider and the specific compounding pharmacy. The following is a suggested and recommendatory guide detailing the standard medical procedure for a subcutaneous vial injection. This guide is for educational purposes. For the avoidance of any doubt, or if you have any questions related to this guide, the patient should consult his/her/their doctor.

Medications such as compounded GLP-1/GIP receptor agonists (e.g., tirzepatide) are administered via a **subcutaneous injection** (just under the skin). Because these often come in a multi-dose vial rather than a pre-filled auto-injector pen, you must draw the medication using a standard insulin syringe.

RECOMMENDED INJECTION SITES



You should inject the medication into the fatty tissue just under the skin. The best areas are:

- **Abdomen:** At least 2 inches away from your belly button.
- **Thighs:** The front, middle section of either thigh.
- **Upper Arms:** The back of the upper arm (this usually requires someone else to assist).

Important: Rotate your injection site every time you take a dose to prevent skin irritation or the buildup of hard lumps under the skin.

STEP-BY-STEP ADMINISTRATION GUIDE

1. Gather your supplies



Do not use expired medication or damaged syringes. You will need:

- a. Your medication vial
- b. A fresh syringe (typically a U-100 insulin syringe provided by your pharmacy)
- c. Two alcohol prep pads
- d. A sharps disposal container

Wash your hands thoroughly with soap and warm water before beginning.

2. Prepare the vial



- Take the protective cap off the vial (if this is the first use).
- Wipe the rubber stopper at the top of the vial with a fresh alcohol pad.

Crucial: Let it air dry completely. Do not blow on it, as this can introduce bacteria from your mouth onto the sterile surface.

3. Draw the medication



- Pull the syringe plunger back to draw air into the syringe equal to your prescribed dose (e.g., if your dose is 25 units, draw air to the 25 mark).
- Insert the needle straight through the center of the vial's rubber stopper.

- c. Push the plunger down to inject the air into the vial (this equalizes pressure, making it easier to draw the liquid).
- d. Keep the needle in the vial and turn the vial upside down.
- e. Slowly pull the plunger back to draw your exact prescribed dose.
- f. Tap the syringe gently to dislodge any air bubbles, pushing them back into the vial, and adjust the liquid to the correct dose line. Pull the needle out.

4. Prepare the injection site



- a. Choose your injection area (abdomen or thigh).
- b. Wipe the skin with a fresh alcohol pad in a circular motion.
- c. Let it air dry completely before proceeding to the injection. Do not touch the cleaned area again.

5. Administer the injection (*Injecting too shallowly can cause irritation.*)



- a. Gently pinch a 1-to-2-inch fold of skin at the cleaned site to lift the fatty tissue away from the muscle.
- b. Insert the needle quickly and firmly at a 90-degree angle
- c. (straight in). Note: If you have very little body fat, you may need to use a 45-degree angle.
- d. Slowly push the plunger all the way down to inject the medication.
- e. Leave the needle in for about 5 seconds to ensure all the medication is delivered, then pull it straight out. You can let go of the pinched skin.

6. Dispose of the syringe safely



Do not attempt to recap the needle.

Immediately place the used syringe into a designated sharps container or a heavy-duty plastic container (like an empty laundry detergent bottle) with a tight-fitting lid.

Important Safety Notice: If you notice the liquid in your vial is cloudy, discolored, or contains floating particles, **do not use it** and contact your compounding pharmacy immediately.