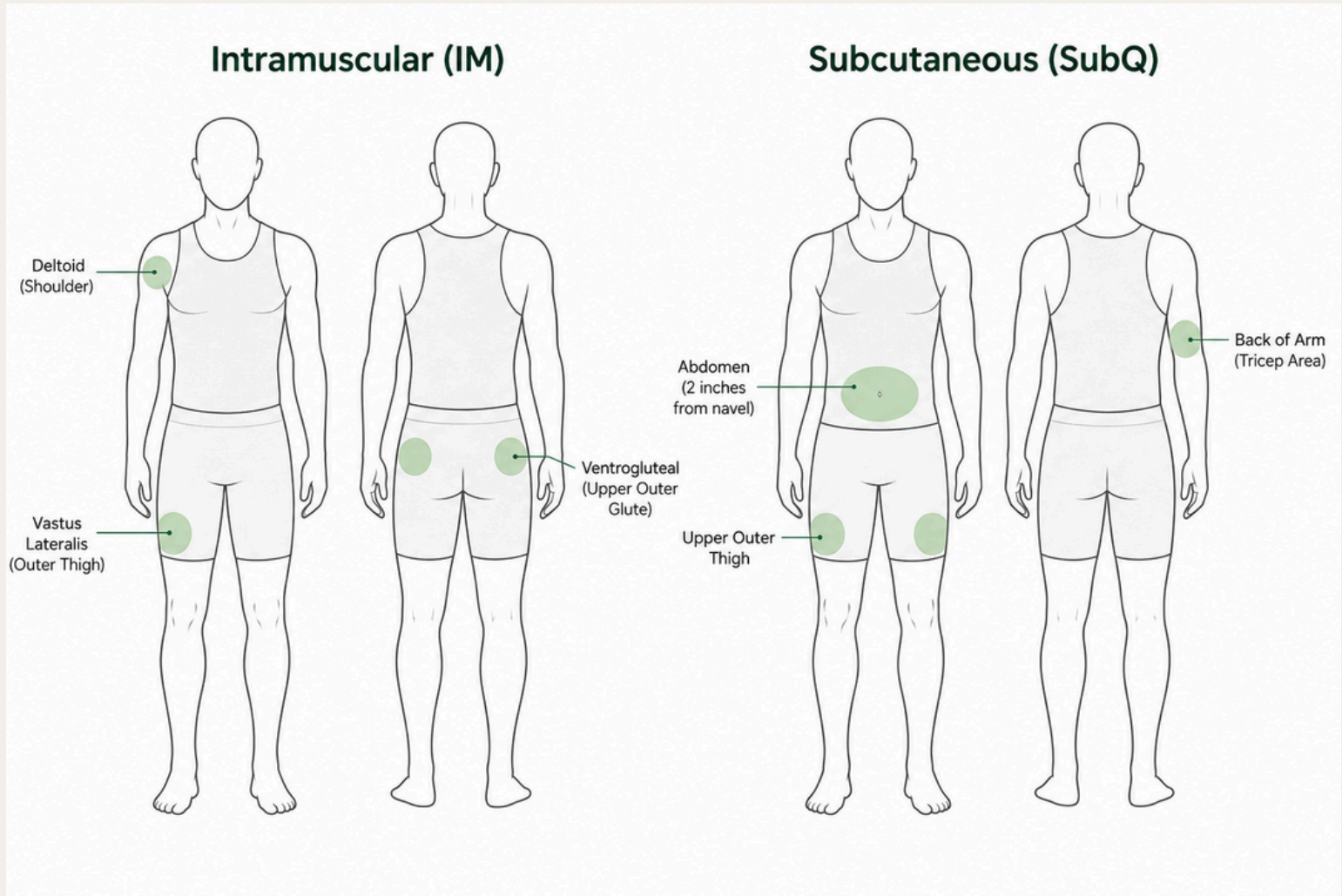


# INJECTION SITES



## Choosing Your Injection Site

- Site selection comes down to personal preference and comfort. Start with what feels most approachable – most patients begin with the deltoid or outer thigh.
- For IM injections, we use a standard 1-inch needle for the deltoid and thigh. If you prefer the glute and have experience injecting there, let us know – we'll provide a 1.5-inch needle to ensure proper depth.

# HOW TO GIVE A SUBQ INJECTION (PEPTIDES, GLP-1 & HCG)

SubQ injections are given into the fat layer just under the skin. With the right technique they are nearly painless and straightforward to do at home.

## Your Supplies

- Peptides / GLP-1 / HCG: 30-31g insulin syringe, 0.5-1 mL based on your dose
- Alcohol pads + sharps container

## Step-by-Step

1. Wash hands thoroughly
2. Wipe the vial top with an alcohol pad — let dry
3. Draw your prescribed dose into the insulin syringe
4. Choose your site: belly (1-2" from navel), love handles, outer thigh fat, or back of arm (tricep area)
5. Clean skin with an alcohol pad — let dry fully (15-20 seconds)
6. Pinch a fold of skin and fat between your fingers
7. Insert needle at a 45° angle in one quick, smooth motion
8. Release the skin pinch
9. Inject slowly and steadily
10. Remove needle, apply light pressure — do not rub
11. Dispose in sharps container



### GLP-1 Nausea Tip

Some patients find that injecting into the back of the arm (tricep area) helps reduce nausea compared to the abdomen. If nausea is consistently a problem for you, it's worth trying.



### Tips for Comfort

- Let alcohol dry completely before injecting — wet alcohol burns
- Room-temperature medication is more comfortable than cold
- Inject slowly — fast injection causes more stinging



SubQ injections should be nearly painless. Significant burning usually means the alcohol wasn't dry or the injection was too fast.