

Sites d'injection sous la peau (sous-cutanés)

Under the Skin (Subcutaneous) Injection Sites

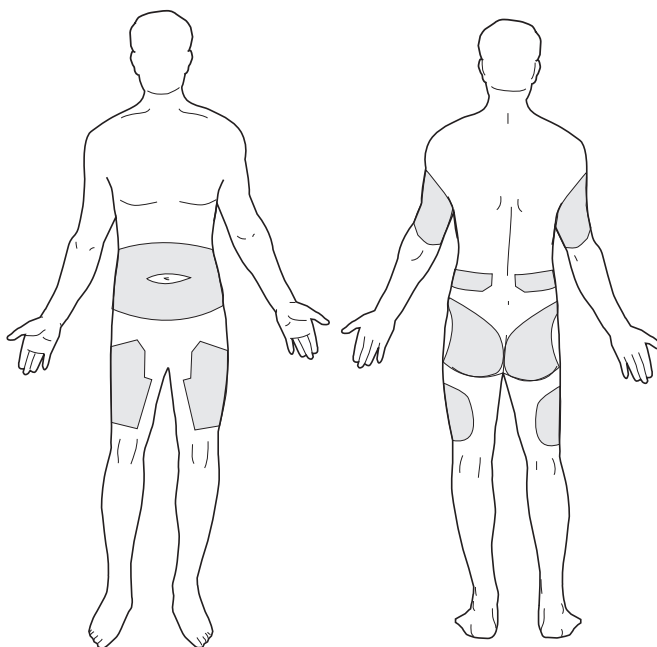
The medicine you are taking is to be given into the fatty tissue under the skin, also called subcutaneous. You will be taught how to do the injection or shot. Use this sheet to know which sites to use for your injections.

- ▶ The stomach, arms, legs and buttocks can be used for injections as shown in the picture. Injections are absorbed best from the stomach, next from the arms and least well from the legs and buttocks.
- ▶ Rub the site with alcohol. Let the alcohol air dry.
- ▶ Give your shot in a different spot each time.

Talk to your doctor or nurse if you have any questions or concerns about where to give your injection

Le médicament que vous prenez doit être administré dans le tissu adipeux qui se trouve sous la peau, également appelé « sous-cutané ». On vous apprendra comment procéder à l'injection. Consultez cette feuille pour savoir quels sites utiliser pour les injections.

- ▶ Le ventre, les bras, les jambes et les fesses peuvent être utilisés pour les injections, comme le montre l'illustration. Les sites d'injection qui absorbent le mieux les médicaments sont, dans l'ordre décroissant, le ventre, puis les bras, ensuite les jambes et enfin les fesses.
- ▶ Frottez le site avec de l'alcool. Laissez l'alcool sécher.
- ▶ Faites chaque fois votre injection à un endroit différent.



Demandez conseil à votre médecin ou votre infirmière si vous avez des questions ou des préoccupations concernant votre site d'injection.

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