皮下注射藥物

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.

本文是皮下注射藥物的基本說明。您的用藥 可能還需要其他步驟,因此請務必遵循醫生 或藥劑師的指示。

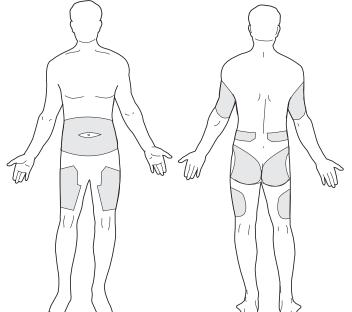
Select the Site for Injection

- 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.

選擇注射部位



- 可用於注射的部位是:
 - □ 上臂背部
 - □腹部
 - □ 大腿前部和側部
 - □ 腰部以上的後背
 - □ 臀部
- 有些藥在某些部位注 射效果最佳。您的醫 生或護士會告訴您哪 些是最佳用藥部位。
- 要離前一次注射部位 1寸(2.5公分)之遠。
- 要離您的肚臍或疤痕
 處2寸(5公分)遠。
- 不要使用有擦傷、觸 痛或腫脹的部位。

Before You Inject

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

注射前

- 每次注射時必須使用新的針頭。
- 檢查您的注射劑量。

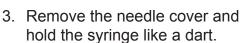
How to Inject the Medicine

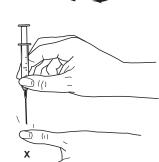
1. Wash your hands.



- 如何注射藥物
 - 1. 洗手。

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



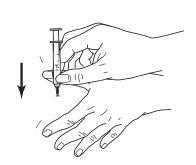


- 2. 用酒精墊轉圈清潔皮膚。 精風乾。
- 3. 除下注射針套。像持飛鏢一樣持 注射器。
- 4. 輕輕捏住注射部位的皮膚。

4. Gently pinch the skin at the injection site.

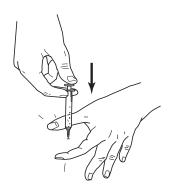


5. Insert the needle straight into the pinched skin at a 90-degree angle.



5. 直接將針頭以90度角扎入被捏的 皮膚。

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



6. 將捏住的皮膚鬆開,除非有指示 不要鬆開,慢推推吸桿注入藥

- 7. Pull the needle out of your skin and quickly press a clean gauze onto the site. Do not rub the skin.
- 7. 將針從皮膚中拔出,然後用乾淨 的紗布快速壓在注射部位上。不 要擦皮膚。

9. 將用過的注射器和注射針放入一 個有蓋的結實容器,例如漂白水

請勿將針頭蓋放回針上。

使用後請將容器蓋緊。

請勿重複使用或共用針頭。

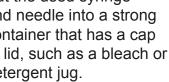
放在兒童和寵物接觸不到的地

諮詢藥店如何安全丟棄已裝滿

或清淨劑罐。

方。

- 8. Hold pressure on the site for a few seconds.
- 8. 在注射部位按壓幾秒鐘。
- 9. Put the used syringe and needle into a strong container that has a cap or lid, such as a bleach or detergent jug.



- Do not put the cover back on the needle.
- Do not reuse or share needles.



- Keep out of the reach of children and pets.
- Ask your pharmacy how to safely throw away a full sharps container.
- Close the container tightly after use.

10. Wash your hands again.

10.請再次洗手。

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

若您有任何疑問或擔憂,請諮詢您的醫生或 護士。

銳器的容器。

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