

皮下注射部位

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.

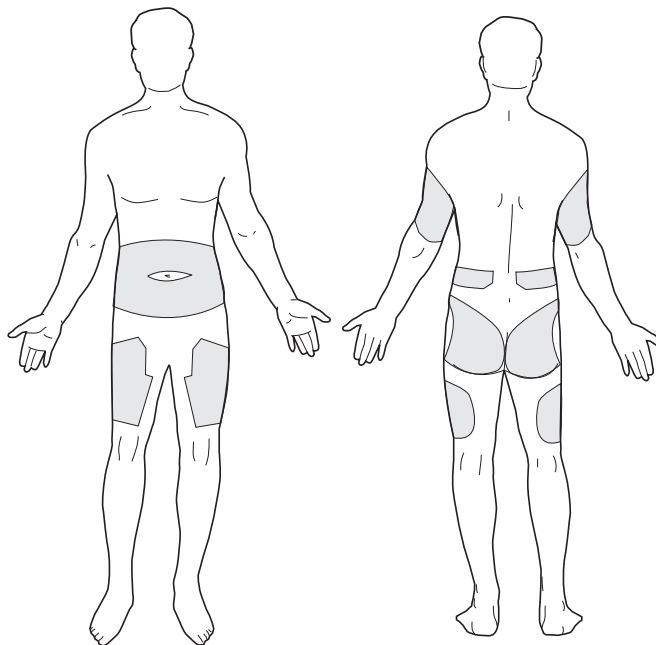
- ▶ The stomach, arms, legs and buttocks can be used for injections as shown in the picture. Injections are absorbed best from the stomach, next from the arms and least well from the legs and buttocks.
- ▶ Rub the site with alcohol. Let the alcohol air dry.
- ▶ Give your shot in a different spot each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

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

処方薬は皮下の脂肪組織に投与します。注射の方法が指示されます。このしおりを参照して注射部位を確認してください。

- ▶ 図が示すとおり、腹部や腕、脚、臀部に注射することができます。注射した薬の吸収がもっともよいのは腹部で、次に良いのが腕ですが、脚と臀部はあまり吸収がよくありません。
- ▶ 注射部位をアルコールで拭いて、アルコールが乾くのを待ちます。
- ▶ 毎回同じところに注射せず、注射のたびに別の部位を選びましょう。

注射する部位についての質問、または不安については、主治医または看護師にご相談ください。



© 2005 - February 14, 2021, Health Information Translations.

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain treatment.