



# How to Give Yourself a Shot

A patient's guide



University Health Care  
Thrombosis Service

# How to give yourself a shot:



## 1. Wash your hands.



## 2. Sit or lay down.

Get in a position where you can see and pinch skin on your stomach or legs.



## 3. Pick a place to give the shot.

Shots should be given in a place that has some fat, such as your stomach, thighs, or the back of your arm. Only use the back of your arms if someone else is giving you the shot.

## 4. Use a different place for each shot.

Make sure to change where you give the shot each time. If you use your stomach, stay 2 inches away from:

- Your belly button
- Any place you have had surgery
- Any place you have a scar
- Any place you have a tattoo

Think of your stomach as a clock. Give the first shot at 1, the next shot at 2, and so on. Do not give shots where the hands of the clock would be on 12 or 6.

If you use your thighs, use one leg and then the other. Start at the top and work your way down, then start over.

## 5. Clean the area with alcohol.

Use a new alcohol wipe for each shot. Scrub the area several times and let the alcohol dry completely.



**6. Remove the cap from the needle.**

Pull the cap straight off. Do not twist the cap because it can bend the needle. Do not stand near anyone when you take off the cap.

**7. Get ready to give the shot.**

Hold the shot in the hand you write with. Hold it like you would a pen.

Be careful not to go near anyone with the needle.



**8. Pinch the place where you are going to give the shot.**

Use your other hand to pinch the fat in the area you just cleaned.

**9. Give the shot.**

Holding the needle straight against the pinched skin, push the needle all the way in. Then, push the plunger all the way in.

Pull the needle straight out and let go of the pinched skin.



**10. Throw the shot away.**

After giving the shot do not put the cap back on the needle. Do not put needles in the garbage. Put the shot in a container made for needles, or in any hard, closed container a needle cannot poke through. Do not use a needle more than once. When you are through getting shots, tape the container with duct tape and throw it away in your garbage.



*Note: Some pre-filled syringes have a safety system that covers the needle. Discard these shots in the same way.*

# Changes for different medicines

You may need to make a few changes to these directions depending on the medicine you are getting. Different medicines can have slightly different instructions.

Be sure to ask your provider exactly how to give the medicine you will be getting.

*Note: The term “provider” used in this brochure refers to the person who you see for your health care. This could be your doctor, your pharmacist, your nurse, etc.*



**University Health Care**  
Thrombosis Service

Thrombosis Service  
(24-hour pager):  
**1-800-783-3735**

Thrombosis Center:  
**(801) 585-3713**

Redwood  
Anticoagulation Clinic:  
**(801) 213-9150**

Thrombosis  
Research Group  
(24-hour pager):  
**(801) 339-5005**

[www.healthcare.utah.edu/thrombosis](http://www.healthcare.utah.edu/thrombosis)

©2008 University Health Care, Salt Lake City, Utah

VERSION: SEPTEMBER 2008