

# 10 Steps to Giving Yourself Your Shot at Home



- 1.** Wash your hands and collect your supplies. You'll need an alcohol swab, a cotton ball, a sharps container, a bandage, and your Depo SubQ.
- 2.** Pick the injection site you would like to use and clean the area with an alcohol swab. You can use either your belly or your front thigh as shown in the picture at right.
- 3.** Remove the syringe and needle from the package. Shake the syringe for about a minute.
- 4.** Remove the gray rubber cap and attach the needle by pushing and twisting it onto the syringe.
- 5.** Gently push the air out of the syringe by pushing on the purple plunger and then take the cap off of the needle.
- 6.** Grab the skin at the injection site and insert the needle at a 45 degree angle as shown in the picture at right.
- 7.** Inject the medication slowly by pushing on the purple plunger until all of the medication is gone.
- 8.** Remove the needle from the injection site and place into a sharps container.
- 9.** Apply pressure to the injection site with a cotton ball.
- 10.** Mark your calendar (12-14 weeks) for your next shot!

