nes | NATURAL ENDOCRINOLOGY SPECIALISTS™

HOW TO ADMINISTER YOUR SUBCUTANEOUS MEDICATION.

If you have any questions about your medication or would like to speak to a doctor, call us +1 480-687-0054
M-T 8:30 am- 4:30pm and Friday 8:30am- 3:30pm

For general inquiries, please email:
contact@nesaz.com

Here's what you need to have ready:

Your subcutaneous medication

Sterile syringe with needle

Alcohol Pad

Medication Instruction

Sharps Container for syringe disposal.

INJECTION INSTRUCTIONS

Step 1: Getting Ready for Your Injection

- Read the instructions before you start.
- Gather all your supplies—medication, syringe, alcohol swabs, and a sharps container.
- Keep alcohol swabs handy to clean the injection site.
- Check your syringe (orange-capped insulin syringe) and confirm your medication and dosage.
- Pick your injection site—front or outer thigh, or abdomen (at least two inches from your belly button).
- Wash your hands thoroughly.
- Relax and get comfortable—it makes the process easier!

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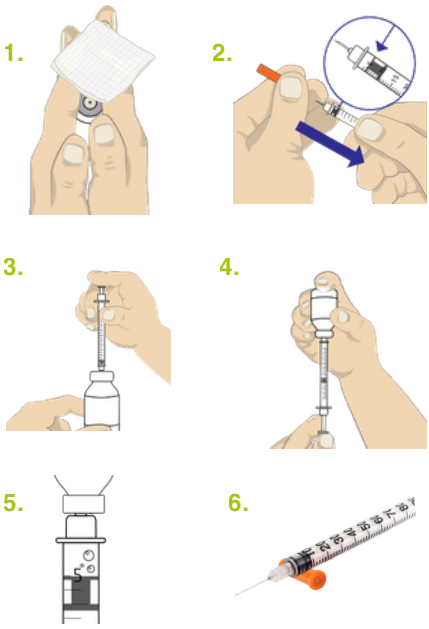
Step 2: Prepare Your Medication

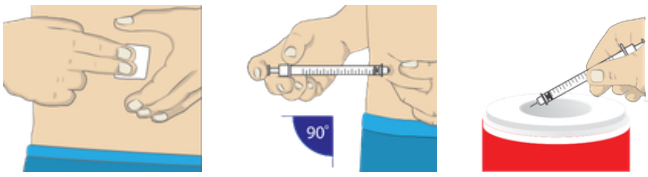


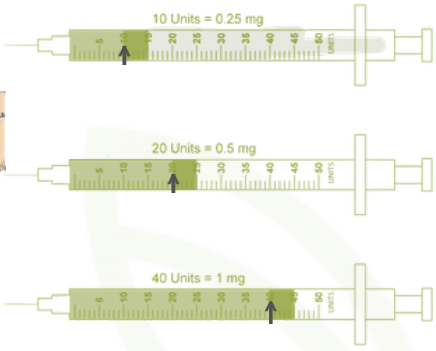
1. Remove the vial cap, clean the rubber stopper with an alcohol swab, and allow it to dry.
2. Pick up your syringe, remove the orange safety cap, and draw in air up to the correct dose amount (e.g., if your dose is up to 10 units, draw air up to the 10 mark). See chart below for examples.
3. Insert the needle into the rubber part of the vial top and inject the air. Be gentle and don't bend the needle.
4. While the needle is still inserted in the vial, gently turn the vial upside down.
5. With the needle in the liquid, pull back the plunger past your prescribed dose. Remove any air bubbles by tapping the syringe. Push the plunger to the prescribed dose.
6. Turn the vial upright and gently withdraw the needle from the vial. Set the syringe aside and rest it on top of the orange cap.

Immediately administer the medication after drawing the correct dose into the syringe. If not immediately administered, the dose should be discarded.

Step 3: Now Administer Your Medication

1. Clean the injection site with an alcohol swab and allow to dry.
2. Pinch the injection site.
3. Insert the needle at a direct 90-degree angle.
4. Slowly inject the medication.
5. Withdraw the needle gently (press an alcohol swab to the site if needed, but do not rub).
6. Dispose of the needle and syringe safely in a sharps container.





Syringe Injectable Dosing Chart

Storing Your Medication:

- Store your medication in the original prescription bottle.
- The packaging is specially designed to maintain safe temperatures during travel.
- Some medications may arrive warm. If so, refrigerate them upon arrival.
- If your medication is expired or arrives damaged, do not use it.

SCHEDULE YOUR APPOINTMENT TODAY!

If you have any questions, please contact us.