



Clinical Practice Procedures: Drug administration/Subcutaneous

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Date	January, 2020
Purpose	To ensure a consistent procedural approach to subcutaneous drug administration.
Scope	Applies to Queensland Ambulance Service (QAS) clinical staff.
Health care setting	Pre-hospital assessment and treatment.
Population	Applies to all ages unless stated otherwise.
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Author	Clinical Quality & Patient Safety Unit, QAS
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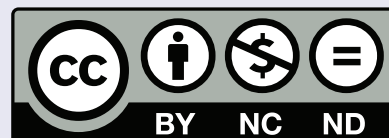
All feedback and suggestions are welcome. Please forward to: Clinical.Guidelines@ambulance.qld.gov.au

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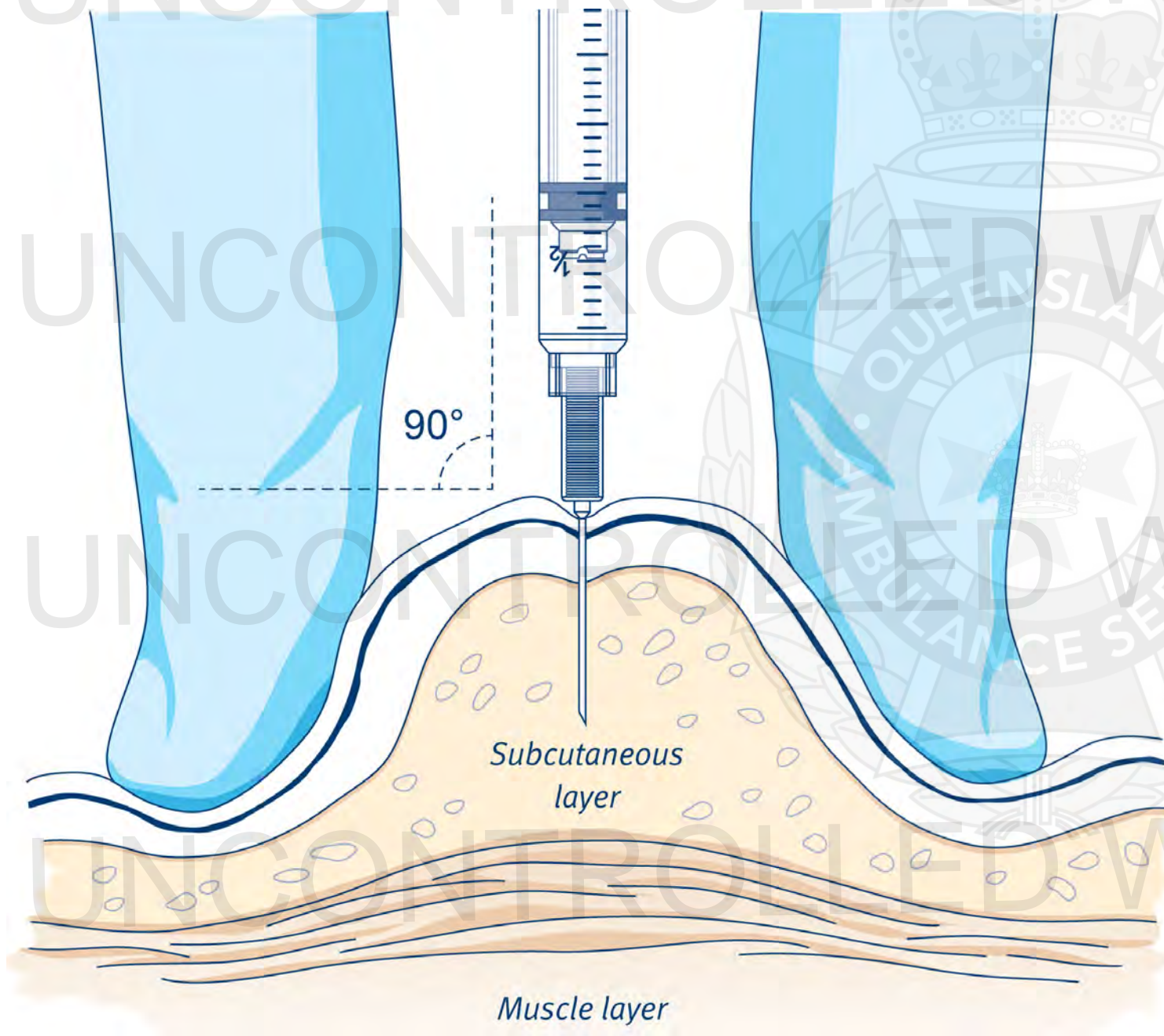
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Subcutaneous

January, 2020

Subcutaneous (SUBCUT) injections deliver medications by a small gauge needle into the layer of fat between the skin and muscle.



Indications



- The administration of medications via the SUBCUT route

Contraindications



- Injection of medications into scar tissue, burns, bruises, infection, or broken skin

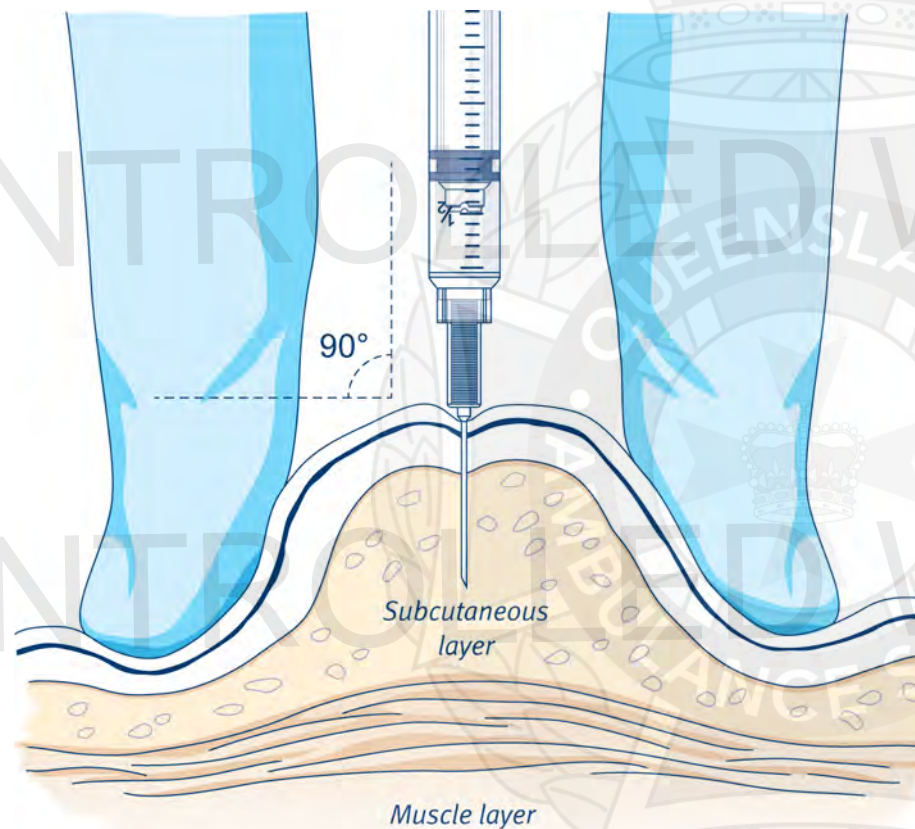
Complications



- Pain
- Bleeding

Procedure – Subcutaneous

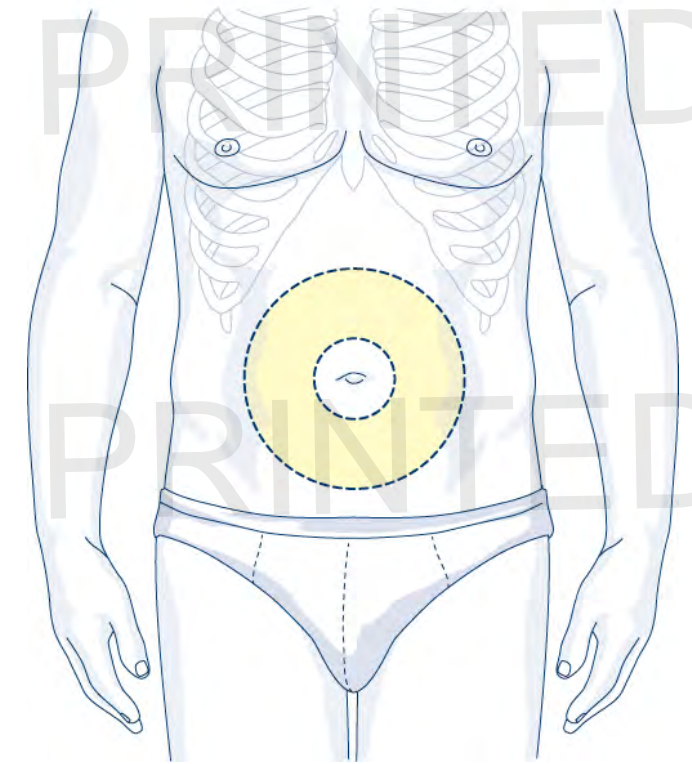
1. Prepare the required dose of medication in an appropriate syringe.
2. Place patient in a reclined position.
3. Clean the intended insertion site with an appropriate antimicrobial swab.
4. Identify an appropriate lower abdomen injection site approximately 3–6 cm radius from the umbilicus.
5. Pinch a 5 cm fold of skin between your thumb and index finger to pull the fatty tissue away from the muscle underneath it.
6. Pierce the skin with the needle at a 90° angle to the pinched skin, using a quick, dart-like technique.
7. The needle should be completely covered by skin.
8. Aspirate by pulling gently back on the plunger. If blood appears, remove syringe and prepare new injection.
9. Hold the syringe barrel firmly and inject contents by depressing the plunger.



10. Remove the needle and dispose of immediately into sharps container.
11. Do not rub injection site.

Approved injection sites

The most widely used and preferred site is the lower abdomen approximately 3 cm from the umbilicus.



+ Additional information

- Use different sites for subsequent injections.
- Enoxaparin graduated prefilled syringes – the volume to be injected should be measured precisely according to the dosage recommended, without expelling the air bubble while adjusting dosage, then inject the entire contents of the syringe.