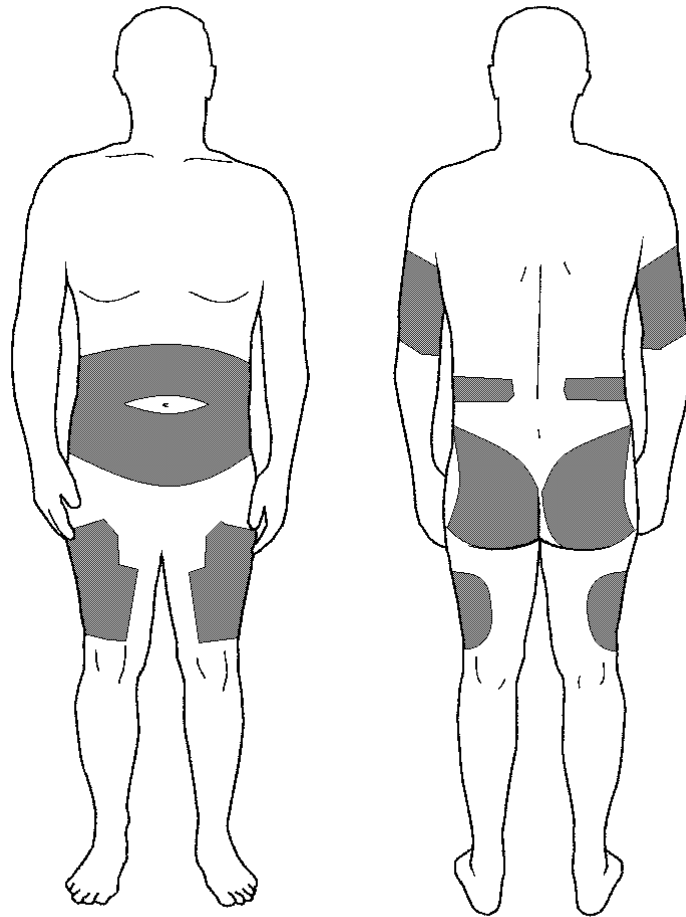


Subcutaneous Injection Sites

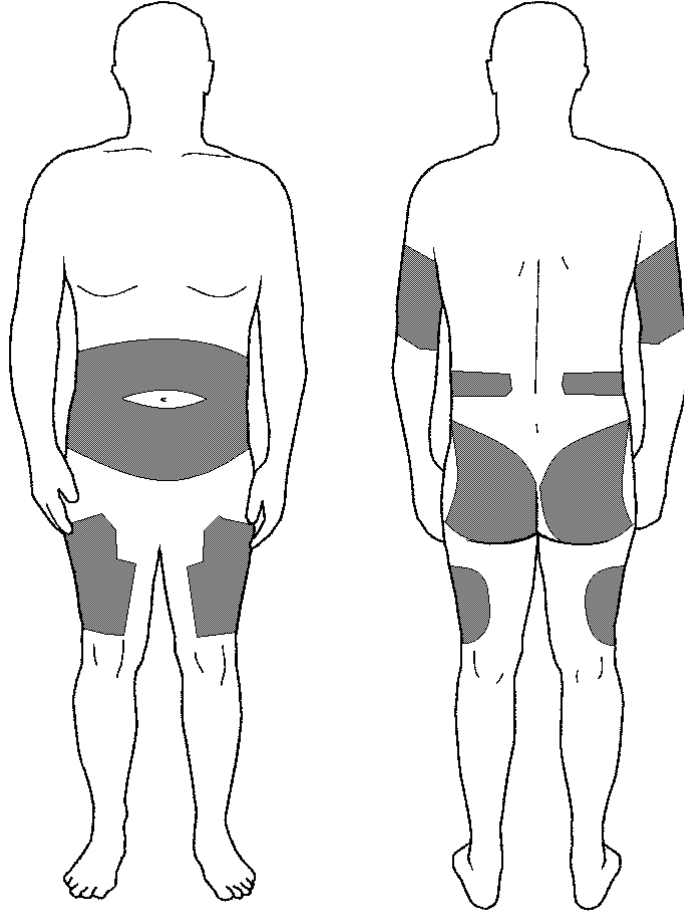


The medicine you are taking is to be given into the fatty tissue under the skin. You will be taught how to do the injection or shot. Use this sheet to know which sites to use for your injections.

- 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.

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Meelaha Maqaarka Hoostiisa la iska Durayo



Daawada aad qaadatid waxaa la isu siiyaa unugga cayilka maqaarka hoostiisa. Waxaa lagu bari doonaa sida la isu duro ama la isu mudo. Xaashidaan u isticmaal in aad barato meelaha aad u isticmaaleyso in aad iska durto.

- Caloosha, gacmaha, lugaha iyo badhida ayaa loo isticmaali karaa durriinka sida lagu muujiyey sawirka. Durriinnada waxaa sida ugu wanaagsan looga nuugaa caloosha, gacanta korkeeda, waxaana ugu yar lugaha iyo badhida.
- Meesha ku tir-tir aalkolo. Aalkolada hawadu ha engejiso.
- Mar walba meel tii hore ka duwan iska dur.
- La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaacyo ah oo ku saabsan meesha la iska durayo aad qabto.

Subcutaneous Injection Site. Somali.

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