

ONWARD4U

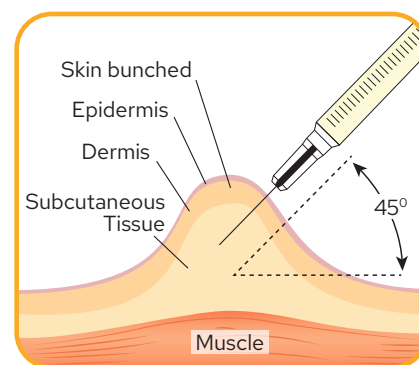
Understanding Subcutaneous Injections

| What is a subcutaneous injection?

A subcutaneous treatment involves receiving medicine through a needle under the skin. The word “subcutaneous” means “under the skin.”

ZILBRYSQ® is administered just under the skin, not the muscle, using a small, thin needle.

This guide is designed to help answer questions like this and provide information to help you get comfortable with your prescribed subcutaneous injection treatments.



The needle can be inserted straight in or at a 45° to 90° angle.

| Subcutaneous Injections vs Intramuscular Injections

Many people are familiar with intramuscular injections. Typically, intramuscular injections are used for administering vaccines and antibiotics. Subcutaneous injections are used to administer certain medicines, such as insulin, blood thinners, and fertility drugs.

Subcutaneous (SC) and intramuscular (IM) injections both deliver medication into the body, but they differ in several ways:

Location

SC injections are given in the fatty layer of tissue, just under the skin, while IM injections are given deep into a muscle.

Comfort

SC injections may be less painful than IM injections because the needles are smaller and don't have to go as deep into the tissue.

Injection Sites

SC injections are often given in the back of the upper arm, belly (at least 2 inches from belly button), or front of thigh. IM injections can be given in the upper arm, outer thigh, hip, or buttocks.

How Subcutaneous Injections Are Given

With a subcutaneous (SC) injection, a short needle is used to inject a drug into the tissue layer between the skin and the muscle. The injection is typically done in just a few seconds, but the medicine is absorbed into the body slowly, sometimes over 24 hours.

If you're self-injecting, you can choose a site in one of these areas:

- Your stomach (abdomen), except for the 2-inch area around your belly button (navel)
- The front of your thighs

If someone else is helping you inject, you can choose to have them inject in the back of your upper arms.



Do not inject into an area that is red, tender, bruised, swollen, or hard, or that has scars or stretch marks.

ONWARD® IS HERE TO HELP

Questions? Reach out to your doctor for more information or to your ONWARD Care Coordinator for self-injection refresher coaching.

To download printable copies of this form and access more materials from ONWARD, such as *Breathing Exercises* or *Injection Site Tracking*, scan the QR code or visit **ONWD.care/4U-Z**.

