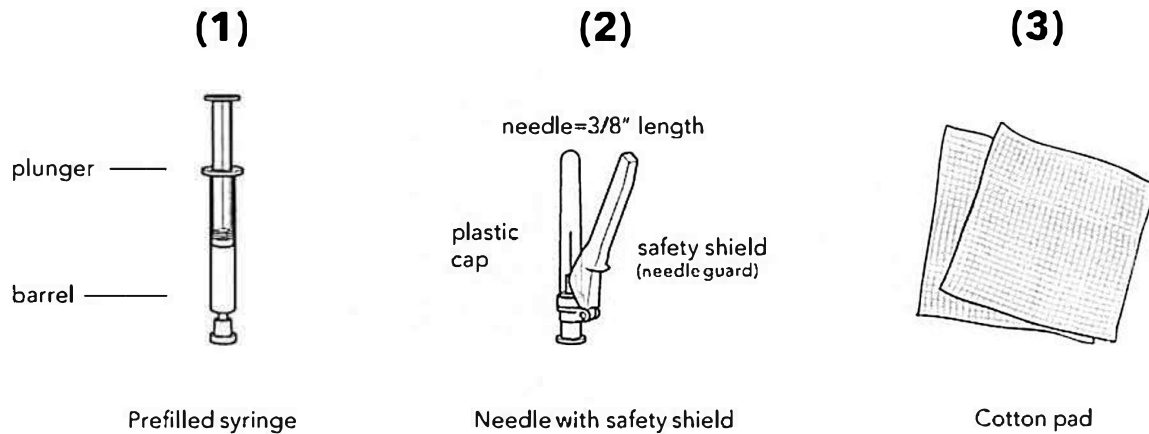


# How to use depo-subQ provera 104

## Getting ready

- The medicine should be at room temperature, not too cold or too hot.
- Do not put it in the refrigerator or freezer.
- The medicine should be white in color, with no particles floating inside.
- You should have 3 things in front of you:



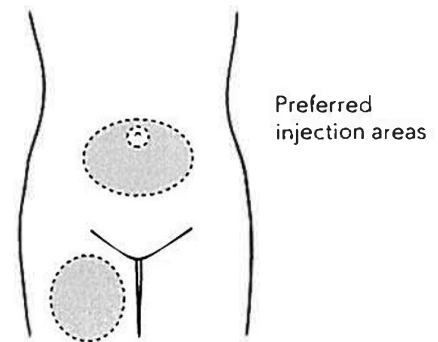
## Step 1: Choose & prepare the injection area

### Choose the injection area.

- Avoid bony areas and the navel (belly button).
- The upper thigh and abdomen (belly) are the best places to give the shot. See shaded areas in the picture.

**Use an alcohol pad to wipe the skin** in the injection area you chose.

- Let the skin dry.

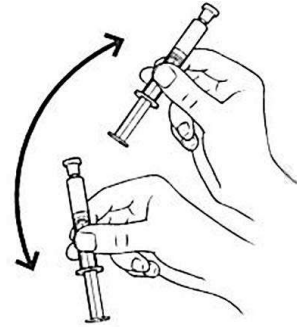


## Step 2: Prepare the syringe

Carefully remove the needle and syringe from the packaging.

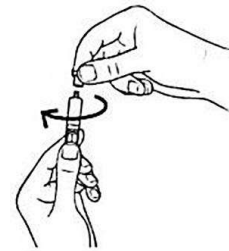
Hold the syringe firmly by the barrel, with the barrel pointing up.

- **Shake it hard for at least 1 minute** to mix the medicine well.



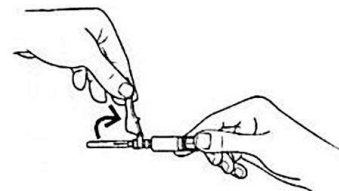
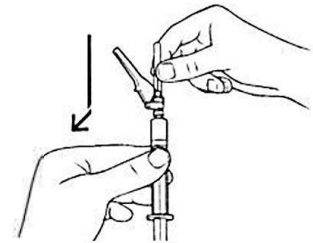
Hold the syringe barrel firmly.

- **Remove the protective cap** from the tip of the syringe barrel.

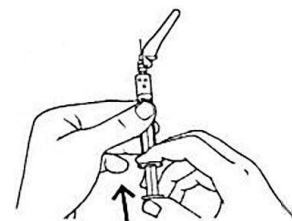
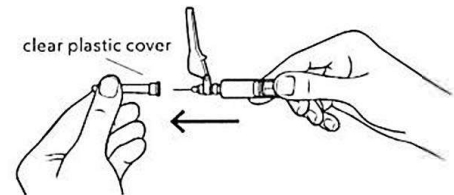


Hold the syringe barrel firmly.

- Attach the needle to the barrel of the syringe by pushing down hard with a small twist.
- Move the safety shield away from the needle and toward the syringe barrel. The safety shield will stay in an open position (as shown in the picture).

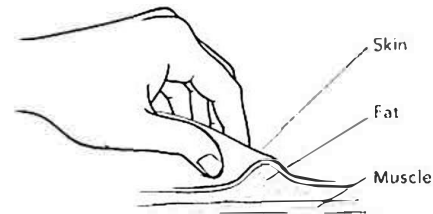


- While holding the syringe barrel firmly, **remove the plastic needle cover** from the needle without twisting, making sure the needle is still firmly attached to the syringe.
- While holding the syringe with the needle pointing up, **slowly and gently push in the plunger** until the medicine is up to the top of the syringe. There should be no air in the barrel.



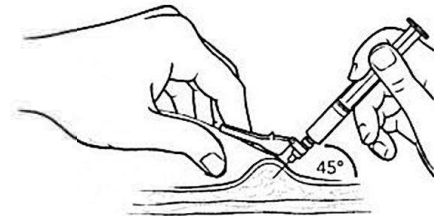
## Step 3: Inject the shot

**Gently grasp and squeeze the area of skin** you chose for your shot (thigh or belly). Hold the skin between the thumb and forefinger, pulling it away from the body.



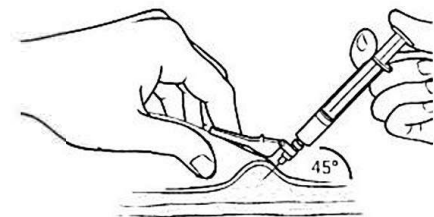
**Insert the needle at a 45 degree angle (like in the picture)** so that most of the needle is in the fatty tissue.

- The plastic hub of the needle should be nearly or almost touching the skin.



**Inject the medicine slowly** until the syringe is empty.

- It is important that you use all of the medicine in the syringe.
- This should take about 5-7 seconds.



## Step 4: Dispose the needle and syringe

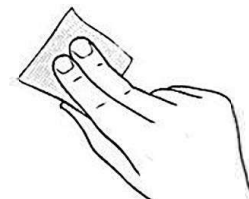
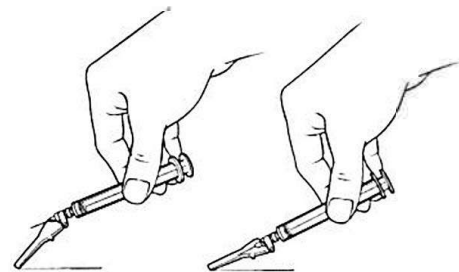
After you're done, take the needle out of your skin.

Put the safety shield back on by pushing it against a flat surface, toward the needle. The shield is in place when you hear or feel a click.

**If uncertain that the safety shield is fully engaged, repeat this step.**

Use a clean cotton pad or ball to **press lightly on the injection area** for a few seconds.

- **Do NOT rub the area.**
- Apply an adhesive bandage, if needed.

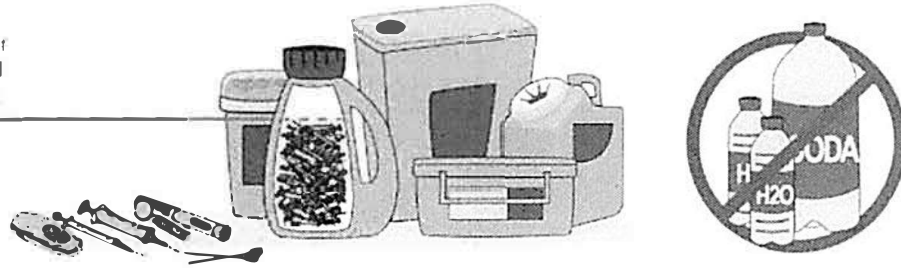


After each dose is given, **the used syringe should be discarded in a safe and proper manner. Keep away from children.**

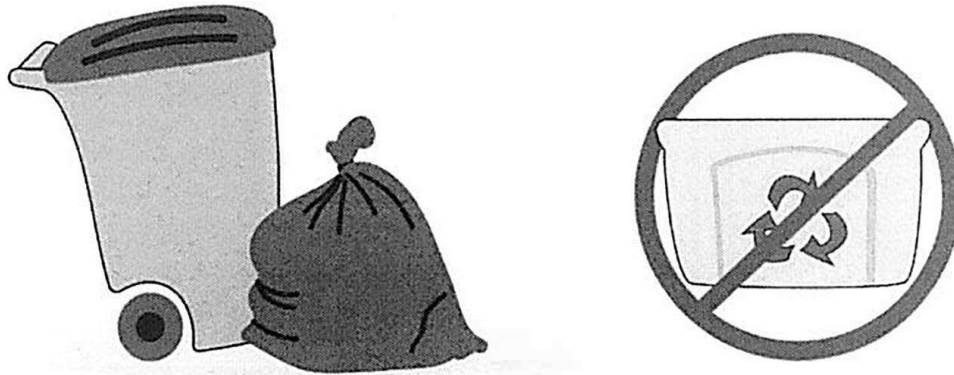
## WHAT TO DO WITH USED SHARPS IN PENNSYLVANIA

**Put used sharps in a strong, plastic container.**

When the container is 3/4 full, put the lid on, seal it with duct tape, and label. DO NOT RECYCLE.



**Put the plastic container in the household trash - don't recycle!**



**Sharps should never be thrown loosely into the trash or toilet.**

Sharps that retract after use, or are very small, should be disposed of like all other sharps.

Information courtesy of [safeneedledisposal.org/states/pennsylvania/](http://safeneedledisposal.org/states/pennsylvania/)