Heparin Injection Techniques

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Choose an injection sites

Gently lift a fold of skin
1. Wash your hands.

2. Make sure the heparin vial cap has been removed. **DO NOT** remove the rubber top.

3. Draw 30 units of air into the syringe. Put the needle through the rubber top of the vial and inject the air into the vial.

4. Turn the vial upside down and make sure the tip of the needle is in the fluid.

5. Draw up 30 units of fluid (this contains 7500 i.u. of heparin) into the syringe.

6. Choose an injection site. Gently lift a fold of skin using the thumb and forefinger. *see reverse*

7. Insert the entire length of the needle into the injection site.

8. Inject the heparin slowly by slowly pushing the plunger all of the way, until the entire dose has been given.

9. Pull the needle straight out and apply direct, soft pressure to the injection site with a cotton swab or tissue.

10. Collect the needles and syringes in a safe plastic jar and dispose of them at your hospital or local pharmacy.