

STEP

# 3

## Selecting and Preparing the Injection Site

There are several places you can give yourself a subcutaneous injection, including the sides or backs of your arms, the fronts of your thighs, or your abdomen. You may also use the buttocks as described above.

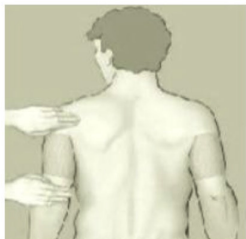


Injection Site on the side of the arm



Injection Site on the abdomen

If you choose to inject yourself in the abdomen, avoid the belly button or any bony areas.



Injection Site on the back of the arms



Injection Site on the thighs

Wherever you choose to inject, you should be able to firmly grasp the skin and pinch it up into approximately a 1-inch fold.