



Instructions for Self-Administered Lipotropic Injections:

1. Section the buttocks into four parts, as shown in picture below
2. Locate the top of your hipbone, near the waist.
3. Locate a site in the upper, outer part of the buttock, as shown as a shaded box in the picture.
4. Do not inject in places that are bruised, tender, swollen or scarred. You must carefully select the site for injection to avoid blood vessels or nerves. (A medical assistant can assist you to find the injection site which is appropriate for you to use.)
5. Once you have located the site for injection, clean the site with an alcohol swab, beginning at the center and wiping outward in a circular pattern. Let the skin dry for 5 to 10 seconds.
6. Remove the needle shield from the needle.
7. Pinch the skin around the injection site with your non-dominant hand. With your other hand, hold the syringe at a 90 degree angle to the injection site. Insert the needle bevel up with a quick thrust.
8. Hold the syringe firmly in place, remove the hand pinching the skin and use it to pull back on the plunger. If blood appears in the syringe, you entered a blood vessel. Take the needle out and press a cotton ball over the site. Then discard everything and start again. If no blood appears, inject the medication, keeping the syringe and needle at a 90 degree angle.
9. When you have injected all the medication, withdraw the needle and apply a dry cotton ball. Using a circular motion, massage the site to help distribute the medication and promote its absorption.
10. Re-cap the needle with the needle shield and discard the entire syringe into the bio-hazard container.
11. If you administer another lipotropic injections, alternate on each side of the buttocks for each injection.

