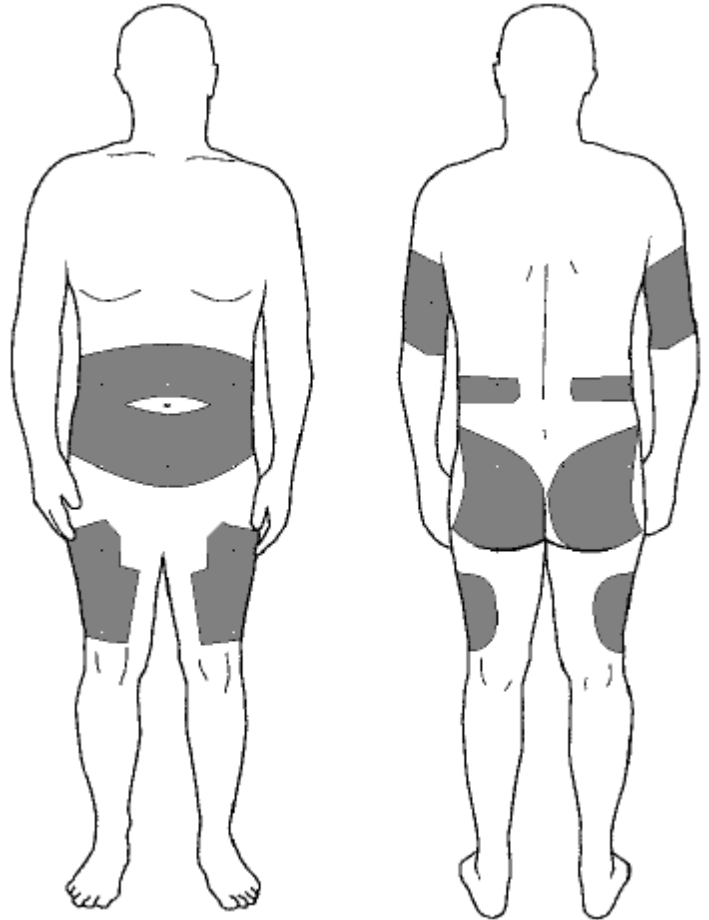


# Giving Medicine by Subcutaneous Injection

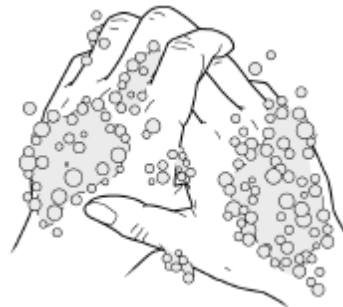
## Select the Site for Injection

- Sites that can be used are:
  - Backs of the upper arms
  - Abdomen
  - Front and side of thighs or upper legs
  - Back above waist
  - Buttocks
- Some medicines are best given in certain areas. Your doctor or nurse will teach you the best areas to give your medicine.
- Stay 1 inch away from the last injection.
- Stay 2 inches away from your navel or scars.
- Do not use areas that are bruised, tender or swollen.



## Inject the Medicine

1. Wash your hands.



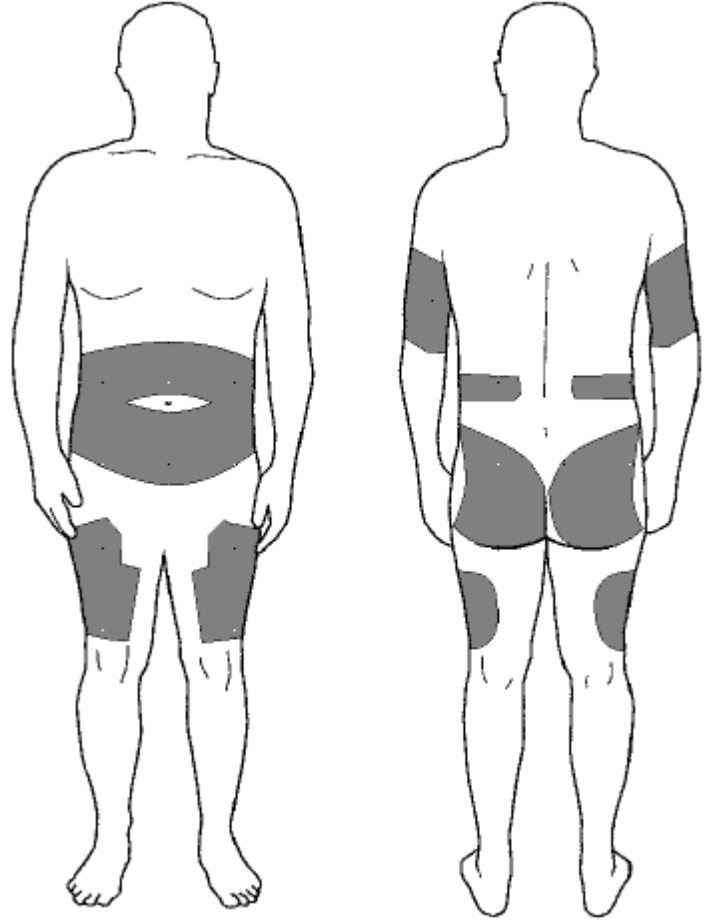
2. Clean your skin with an alcohol pad using a circular motion. Let the alcohol air dry.



# ការចាក់ថ្នាំចូលក្រោមស្បែក

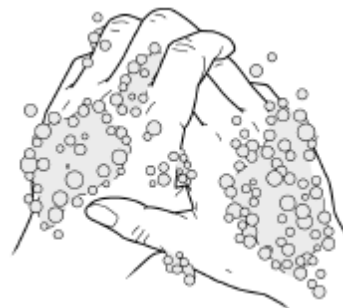
## ការជ្រើសរើសកន្លែងចាក់ថ្នាំ

- កន្លែងដែលអាចចាក់ថ្នាំចូលបាន
  - នៅលើគល់ដៃ
  - លើពោះ
  - លើភ្លៅពីមុខឬក្រោយ
  - ពីខាងក្រោយចង្កេះ
  - លើកំប៉ះភូទ
- ថ្នាំខ្លះមានប្រសិទ្ធភាពល្អបើចាក់ត្រូវកន្លែងពិតប្រាកដ។ គ្រូពេទ្យអ្នកឬគិលានុបដ្ឋាយិការបស់អ្នកនឹងប្រាប់អ្នកពីកន្លែងដែលអាចចាក់ថ្នាំចូលបាន។
- សូមចាក់ថ្នាំអោយឆ្ងាយពីកន្លែងចាក់ពីមុន
- សូមចាក់អោយឆ្ងាយពីរន្ធផ្សិតឬកន្លែងសន្លាក់ពីស្នាមដំបៅ។
- សូមកំចាក់លើកន្លែងដាំ ឈឺ ឬហើម



## ការចាក់ថ្នាំ

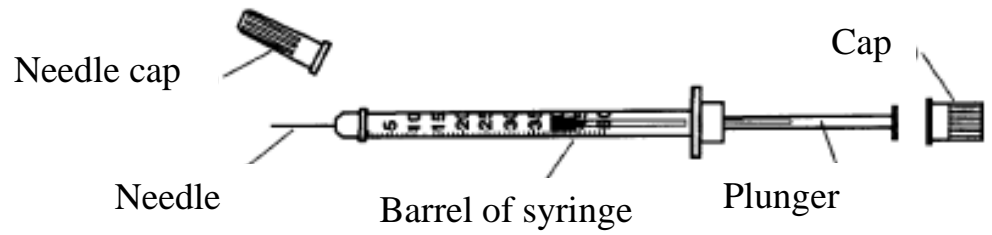
1. សូមលាងដៃអោយស្អាត



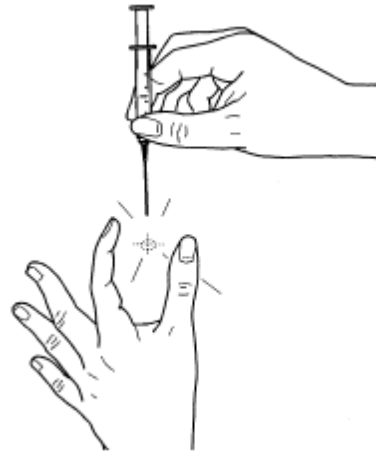
2. សូមជូតអាកុលលើស្បែកមួយជុំកន្លែងចាក់ថ្នាំ។ រួចហើយទុកអោយអាកុលស្ងួតតាមខ្យល់។



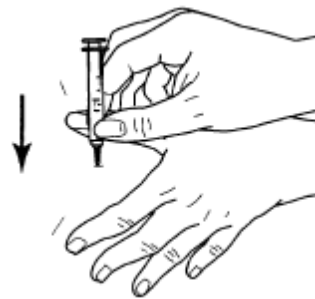
3. Remove the needle cap and hold the syringe like a dart.



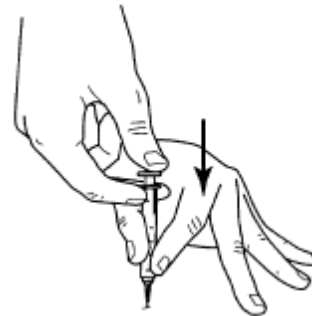
4. Gently pinch the skin at the injection site.



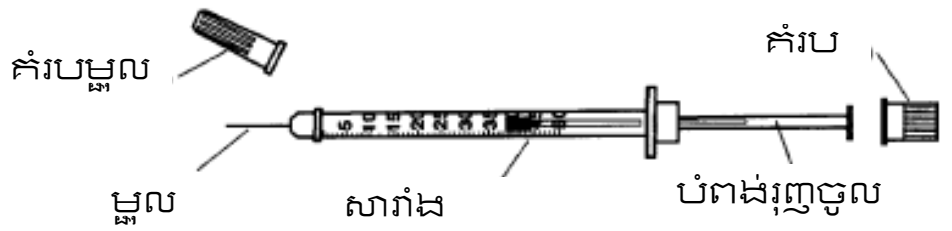
5. Insert the needle straight into the skin.



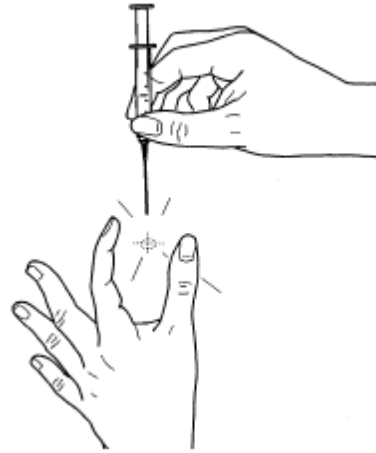
6. Let go of the skin unless you are told not to, and give the medicine slowly by pushing in the plunger.



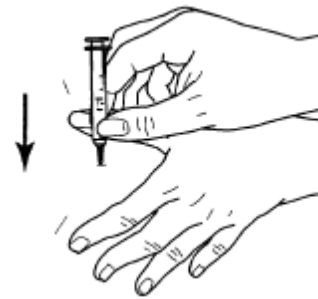
3. យកគំរូមូលចេញ  
កាន់សារាំងដូចជាព្រួញ



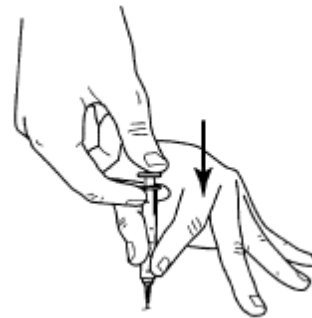
4. ច្រៀងស្បែកជួមនៅកន្លែងចាក់ថ្នាំ



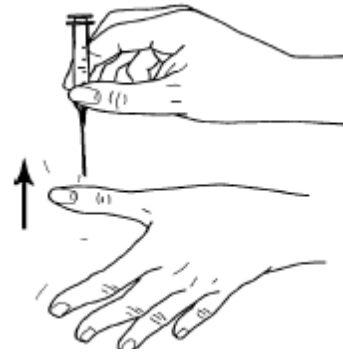
5. រុញមូលចូលអោយត្រង់ទៅក្នុងស្បែក



6. ដកដៃដែលច្រៀងស្បែក  
ចេញលើកលែងតែគេប្រាប់កុំអោយដកដៃចេញរួច  
ហើយចាក់ថ្នាំចូលដោយរុញសារាំងចូលយឺតៗ



7. Pull the needle out of your skin and quickly press the alcohol pad or your finger onto the site. Do not rub the skin.



8. Hold pressure on the site for 30 to 60 seconds.

## Clean Up Supplies

- Put the used syringe and needle into a strong container that has a cap or lid, such as a bleach or detergent jug. Do not recap the needle.
- Cap the container tightly after use and keep out of the reach of children and pets.

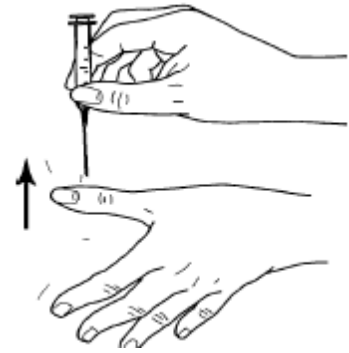


**Talk to your doctor or nurse if you have any questions or concerns.**

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7. ដកម្ហូលចេញពីស្បែកហើយយកសំឡីអាកុលទប់ពីលើកន្លែងចាក់ថ្នាំអោយឡើងរួចយកម្រាមដៃសង្កត់ទៅលើកន្លែងចាក់ថ្នាំកុំត្រដុសស្បែក។



8. សូមទប់សម្អាតនៅលើកន្លែងចាក់ថ្នាំពី ៣០ ទៅ ៦០ វិនាទី។

**រៀបចំទុកដាក់ប្រដាប់ប្រដាចាក់ថ្នាំ។**

- ដាក់សារាំងនឹងម្ហូលដែលប្រើរួចហើយទៅក្នុងថង់ឬដបដែលមានកំរិតដូចជាថង់ដាក់សំបូទឹកឬថង់ទឹកប្លាស្ទិក។ កុំបិទកំរិតម្ហូលចូលវិញ។
- បិទកំរិតថង់អោយជិតបន្ទាប់ពីបានប្រើសារាំងចាក់ថ្នាំរួចហើយដាក់អោយឆ្ងាយពីដៃក្មេងនឹងសត្វ។



**សូមនិយាយជាមួយគ្រូពេទ្យឬគិលានុបដ្ឋាយិកាបើមានសំនួរឬចម្ងល់ផ្សេងៗ**

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Giving Medicine by Subcutaneous Injection. Khmer.  
Translation done at Harborview Medical Center, Seattle, WA