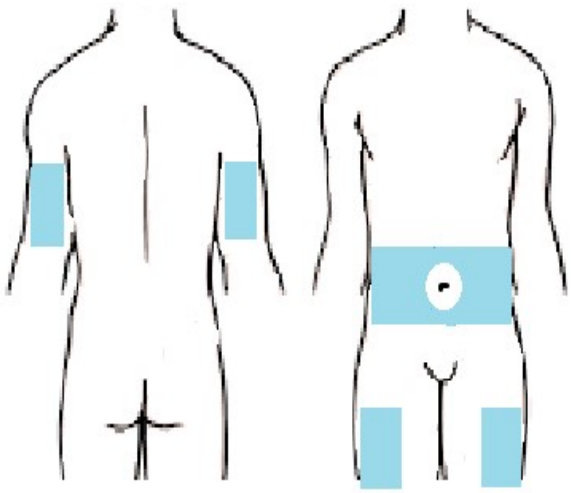
Date	Time	Site

Administration Instructions



Clean site with alcohol swab or soap and water.
Do not choose an area that is scarred, bruised, tender or has a hard lump.
Rotate through different injection sites regularly.

To administer pinch skin at selected site.
Insert needle at 90 degree angle (straight in),
Inject medication over 3-10 seconds.
Release skin and remove needle at same time.

Date	Time	Site

Date	Time	Site