Key Steps — Subcutaneous injection

The key steps for this skill, in the order they are demonstrated in the video. Part of our Medication Administration skills collection.

- [ ] 1. Verify the medication order, and check the patient's identity and allergies.
- [ ] 2. Perform hand hygiene, then draw up the medication and check the dose.
- [ ] 3. Choose the site — commonly the abdomen, the outer upper arm or the front of the thigh — rotating sites as the care plan directs, and inspect the skin.
- [ ] 4. Clean the site with an antiseptic swab and let it dry.
- [ ] 5. Pinch a fold of skin and the tissue beneath it between your thumb and fingers.
- [ ] 6. Insert the needle at the angle taught for the medication and device, commonly 45 or 90 degrees.
- [ ] 7. Inject the medication steadily.
- [ ] 8. Withdraw the needle and dispose of it immediately in a sharps container.
- [ ] 9. Document the medication, dose, site and time.

Watch the demonstration:
medicalvideos.com/watch/administering-a-subcutaneous-injection_gfmkowsk6qxbaq7vk57w.html • More Medication Administration skills: medicalvideos.com/nursing/medication-administration.html
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Steps summarise this demonstration for education and do not replace your institution's protocol, which always governs. Content reviewed by Dr. Mohamed Ibrahim, MD, PhD — physician-scientist. October 2026.