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how to inject subcutaneously

what you'll need

Reconstituted peptide · Insulin syringe · Alcohol swabs · Sharps bin

1. **prepare your dose**
   Draw your prescribed dose from the peptide vial using a clean insulin syringe. Remove air bubbles by gently tapping and pushing the plunger up slowly.

2. **choose your injection site**
   Best sites: lower abdomen (2-3 cm from navel), outer thigh, or back of upper arm. Rotate sites with each injection.

3. **clean the site**
   Wipe the chosen area with an alcohol swab. Let it air dry for 10 seconds - do not blow on it or wipe it off.

4. **pinch and insert**
   Gently pinch 2-3 cm of skin. Insert the needle at a 45° angle with a smooth, steady motion. Release the pinch once the needle is in.

5. **inject slowly**
   Push the plunger down slowly and steadily. Minimal resistance is normal. If you feel strong pain or burning, stop and reposition.

6. **remove and dispose**
   Pull the needle out smoothly at the same angle. Place immediately into a sharps bin - never recap. Apply gentle pressure with a clean swab. Do not rub.

best injection sites

Lower abdomen · Outer thigh · Back of upper arm · Always rotate

important

Never inject into a vein, muscle, or broken skin. If you notice redness, swelling, or unusual pain, stop and contact us.

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how to reconstitute your peptide

what you'll need

Peptide vial · Bacteriostatic water · 1 ml insulin syringe · Alcohol swabs

1. **wash your hands**
   Wash thoroughly with soap and water before touching anything.
   Cleanliness is the most important part of this process.

2. **wipe both vial tops with an alcohol swab**
   Swab the rubber stopper on your peptide vial and BAC water vial.
   Let air dry for 10-15 seconds - do not blow on them.

3. **draw BAC water into the syringe**
   Push the needle into the BAC water vial and slowly pull the plunger to draw the required amount. 1-2 ml is standard for most peptides.

4. **inject water slowly into the peptide vial**
   Aim the water at the glass wall - not directly onto the powder.
   Push the plunger very slowly and gently.

5. **let it dissolve**
   Remove the syringe and let the vial sit. Gently roll between your palms if needed. Never shake it.

important

Always inject water gently against the glass wall - never directly onto the powder. Peptides are delicate; aggressive mixing can damage them.