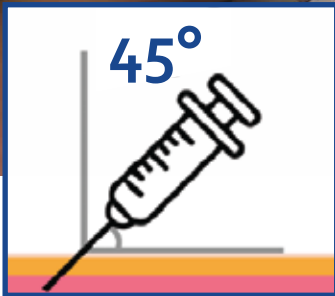
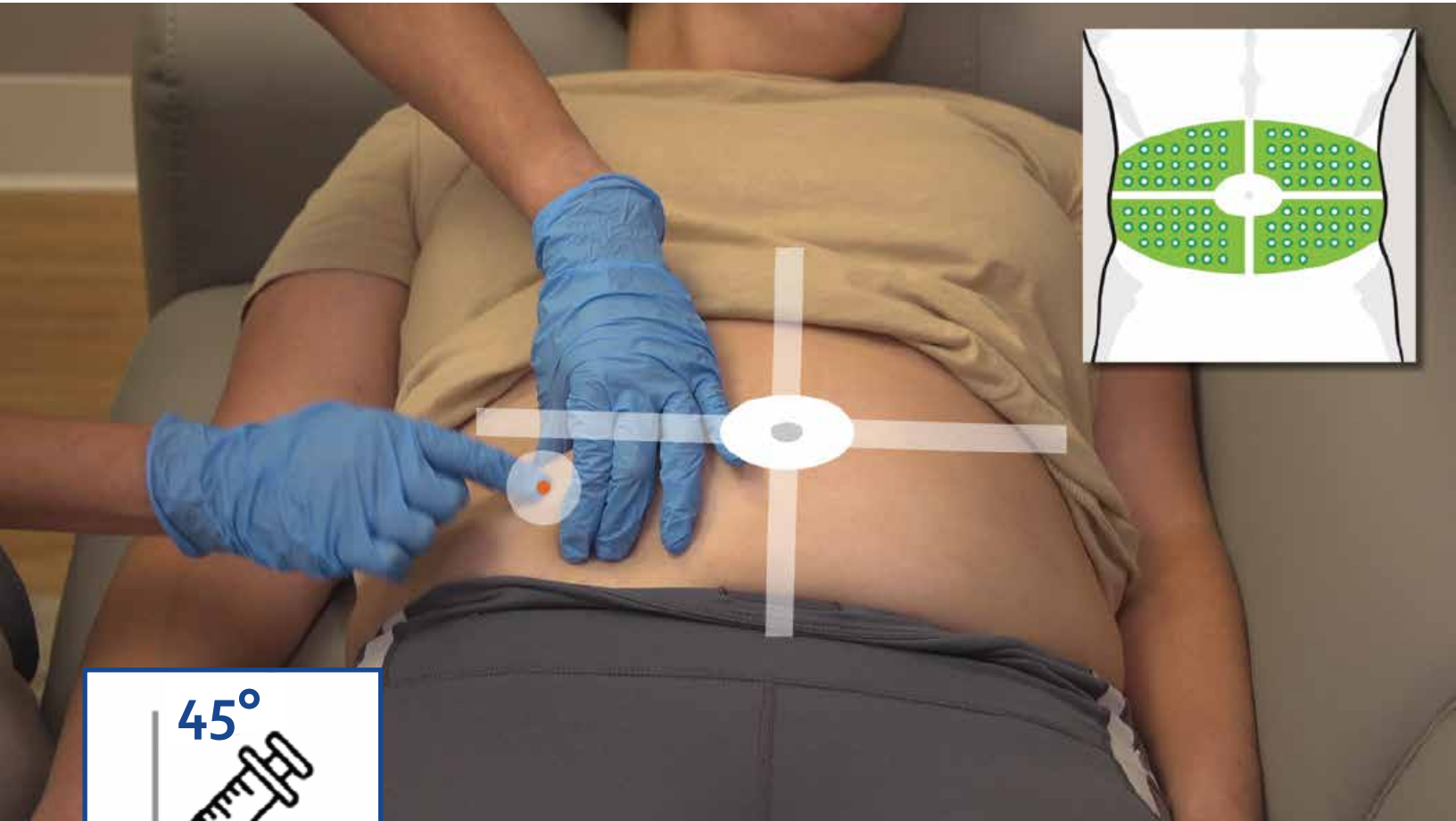


ABDOMINAL SUBCUTANEOUS



Injection angle: 45°
Max volume: 1.5 mL

Steps to find the injection site:

1. Find the costal margin. This is the ridge formed by the cartilages of the seventh to tenth ribs. This is your upper border.
2. Next find the iliac crests and imagine a line connecting them across the abdomen. This is your lower border.
3. Visualize a two-by-two grid across the area between these two borders on the patient's abdomen. The umbilicus -- or belly button -- should be in the center of the grid. Avoid this area.
4. Choose an injection site in one of the four areas outside of the umbilicus which is a minimum of two inches from the umbilicus.
5. Pinch a 2-inch fold of skin (to pull the adipose tissue up from the muscle) before and during the injection. This helps the medication go into the subcutaneous tissue and not the deeper muscle.

GRANT STATEMENT

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