

## Before getting started

Make sure to acquaint yourself with all the medication and supplies you've provided. Please read reference material provided by Xlash by Yane's Weight loss Program on how to administer your medication correctly properly and safely. This is a step-by-step guide and video link below to better assist you.

QR

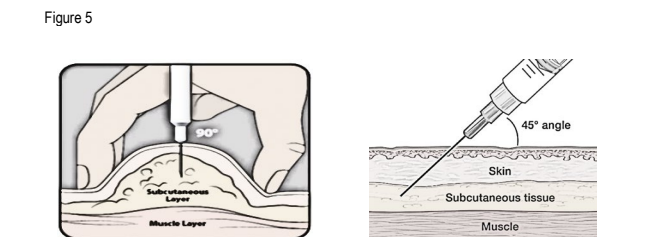
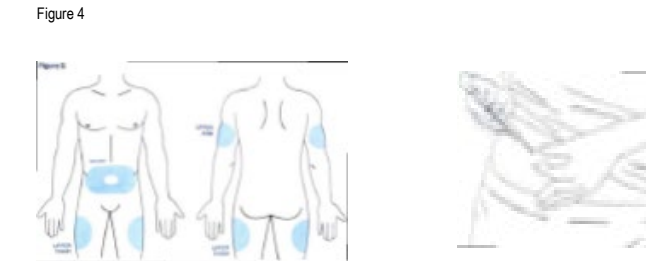
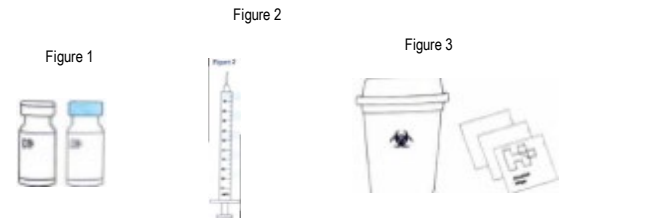
If you have any questions, contact Xlash by Yane physician and/or program coach. Scan to visit website or call 786-920-1240.

## YOUR GUIDE TO SELF-INJECTING MEDICATIONS

### Subcutaneous Injections

#### What is a subcutaneous injection?

Subcutaneous injections (also known as SQ or SubQ) target the fatty tissue just beneath the skin, offering a convenient and effective way to administer medications. Common injection sites include the abdomen, upper thigh, and upper arm. [Figure 4](#)



**Step 1** Gather your medication and supplies

Assemble your medication, syringes, needles, alcohol wipes, and a sharps container or a puncture proof container (like a plastic milk bottle.) If your medication is in powder form, you'll need a mixing syringe/needle and the appropriate diluent. [Figure 1-3](#)

**Step 2** Needle and Syringe Essentials

For subcutaneous injections, an insulin syringe marked with units is used. Unit marks on the syringe barrel facilitate precise measurement of tiny amounts of liquids, ideal for medications such as insulin that require accurate dosing.

Attached to your insulin syringe is a small needle. [Figure 2](#)

**Needle gauge:** The needle thickness is measured in gauge, varying by preference and/or body fat percentage. A higher gauge indicates a thinner needle for enhanced comfort during injection.

**Needle Length:** The needle's length, measured in inches, may vary based on preference and/or body fat percentage.

**Example:** 30 gauge, 5/16" needle

**Step 3** Prepare Your Injection Site

1. Wash your hands thoroughly
2. Select an injection site (abdomen, upper thigh, upper arm). [Figure 4](#)
3. Clean the chosen site with an alcohol wipe.

**Step 4** Medication Preparation

1. Ensure your medication reaches room temperature if refrigerated to minimize discomfort.
2. Verify the correct medication weekly dose by checking number on bottom of syringe. (numbered 1 – 4)
3. If your medication is in powder form (lyophilized), you'll need a mixing syringe/needle and the provided diluent.

**Step 5** Administer the Injection

1. Pinch the area of the skin where you'll be administering the shot.
2. Push the needle into the pinched skin wither straight up and down, at a 90-degree angle, or at a slight 45-degree angle. [Figure 5](#)
3. Once the needle is in, let go of the skin
4. Push the plunger slowly to inject the medication to minimize discomfort
5. Upon completion remove the needle, apply pressure, and massage the area to disperse the medication

**Step 6** Clean up

1. Wash hands
2. Follow the specific storage instructions provided on your packaging label for any unused medication
3. Dispose of used needles in a sharps container. [Figure 6](#)

#### When to seek medical attention

- If there is evidence of an allergic reaction including having trouble breathing, a body rash, or swelling of the face or throat.
- Local irritation, redness, slight burning, swelling, and hard bumps may be normal. Oil based injections may remain in the injection site for a few days. Contact your physician if it worsens.
- For more information and video tutorials, visit our website at [xlashbyane.com](http://xlashbyane.com) or scan QR code on the insert.

**Semaglutide / Tirzepatide:** FDA approved peptide for weight loss

**Lipo Plus (lipo+):** A mix of fat burning antioxidants and vitamins (beneficial for weigh loss journey)

**B12:** Essential vitamin for red blood cell formation, cell metabolism, nerve function, and the production of DNA

**L carnitine:** Turns fat into energy

**Glutathione:** antioxidant to help repair cell damaged by pollution, stress, and other harmful influences. It contributes to tissue building and repair making chemicals and proteins needed in the body and in the immune system.

## Before getting started

Make sure to acquaint yourself with all the medication and supplies you've provided. Please read reference material provided by Xlash by Yane's Weight loss Program on how to administer your medication correctly properly and safely. This is a step-by-step guide and video link below to better assist you.

## QR

If you have any questions, contact Xlash by Yane physician and/or program coach. Scan to visit website or call 786-920-1240.

## YOUR GUIDE TO SELF-INJECTING MEDICATIONS

### Intramuscular Injections

#### What is an Intramuscular injection?

Intramuscular injections (also known as IM) injection deliver medication into muscles, such as Deltoids, Quadriceps, and Glutes, for effective absorption [Figure 4](#)

#### Gather your medication and supplies

##### Step 1

Assemble your medication, syringes, needles, alcohol wipes, and a sharps container or a puncture proof container (like a plastic milk bottle.) If your medication is in powder form, you'll need a mixing syringe/needle and the appropriate diluent. [Figure 1-3](#)

#### Needle and Syringe Insight

##### Step 2

**Syringes:**  
A 1mL or 3mL, with a luer lock (screw-on-off connection), ensures a secure needle connection. [Figure 4](#)

**Needles:**

- The needle thickness is measured in gauge, varying by preference and/or body fat percentage. Thicker gauges (18G-23G) are for drawing out medication from the vial, while thinner gauges (23G-25G) are for injecting.
- Length may vary based on preference and/or body fat percentage with options like 5/8" and 1.5"

**Note:** If your syringe comes with a pre-attached needle [Figure 2B](#), be aware of its gauge – either for drawing (18G-23G) or injecting (23G-25G). Using separate needles is advised for drawing and injecting to maintain sharpness as needles dull with multiple punctures.

#### Prepare Your Injection Site

##### Step 3

1. Wash your hands thoroughly
2. Select an injection site (abdomen, upper thigh, upper arm). [Figure 5](#)
3. Clean the chosen site with an alcohol wipe.

#### Medication Preparation

##### Step 4

1. Ensure your medication reaches room temperature if refrigerated to minimize discomfort.
2. Verify the correct medication weekly (Vitamins alternate weekly)
3. If your medication is in powder form (lyophilized), you'll need a mixing syringe/needle and the provided diluent.

#### Administer the Injection

##### Step 5

1. At a 90-degree angle inject the needle swiftly and smoothly into the desired site. [Figure 6](#)
2. Slowly, push the plunger slowly to inject the medication to minimize discomfort
3. Upon completion remove the needle, apply pressure, and massage the area to disperse the medication

#### Clean up

##### Step 6

1. Wash hands
2. Follow the specific storage instructions provided on your packaging label for any unused medication
3. Dispose of used needles in a sharps container. [Figure 7](#)

**Lipo Plus (lipo+):** A mix of fat burning antioxidants and vitamins (beneficial for weight loss journey)

**B12:** Essential vitamin for red blood cell formation, cell metabolism, nerve function, and the production of DNA

**L carnitine:** Turns fat into energy

**Glutathione:** antioxidant to help repair cell damaged by pollution, stress, and other harmful influences. It contributes to tissue building and repair making chemicals and proteins needed in the body and in the immune system.

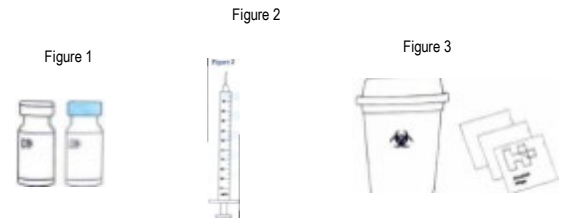


Figure 4

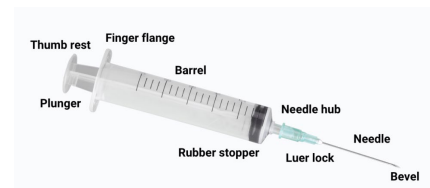


Figure 5

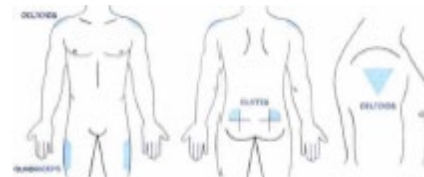


Figure 6

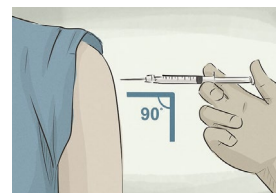


Figure 7



#### When to seek medical attention

- If there is evidence of an allergic reaction including having trouble breathing, a body rash, or swelling of the face or throat.
- Local irritation, redness, slight burning, swelling, and hard bumps may be normal. Oil based injections may remain in the injection site for a few days. Contact your physician if it worsens.
- For more information and video tutorials, visit our website at [xlashbyane.com](http://xlashbyane.com) or scan QR code on the insert.