

## HOW TO DRAW UP AND INJECT GLP-1

**KEEP SUPPLIES (SYRINGES, COTTON, ALCOHOL OR ALCOHOL WIPES) IN A CLEAN HANDY PLACE.  
GLP-1 BOTTLE MUST BE STORED IN A CLEAN PLACE IN REFRIDGERATOR.**



1. Wash your hands with soap and water



2. Wipe top of GLP-1 bottle with alcohol. (Remove cap for first use)



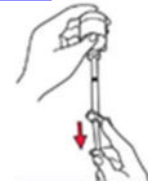
3. Take syringe out of package and remove plastic from plunger



4. Remove cap from needle. (Never touch needle with hands.) Pull plunger down to number of units/cc of GLP-1 needed. You are filling syringe with air.



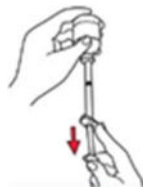
5. With plunger, push needle into bottle. Then push the plunger in. This injects air into bottle. (If you don't inject air, a vacuum occurs, and GLP-1 may be sucked out of the syringe.)



6. Turn bottle up. Pull the plunger back until syringe fills with correct dose of GLP-1



7. Remove syringe from bottle. Check GLP-1 in syringe for bubbles. If there are bubbles, tap syringe until bubbles are all at the top. Push the plunger to get them out. \*



8. If needed put the needle back into bottle, and pull the plunger to get the right amount of GLP-1.



9. Wipe the site on stomach with alcohol. Let area dry



10. Hold the syringe like a pencil. quickly push the needle into skin at a 90 degree angle. (May need to pinch the skin)



11. Push the plunger all the way down.



12. Count to 5. Remove needle and syringe. Apply pressure to site.

\* The bubbles wont hurt you, but may keep you from getting the right dose of GLP-1