

# POTERE HEALTH MD

Affordable Weight Loss

435-292-2622

<https://www.youtube.com/watch?v=e9NGueNM03I>



## Administration Instructions:

- 1) Scan the QR code for a short demonstration video of how to self-administer a subcutaneous injection.
- 2) Remove pre-filled syringe from the refrigerator until it reaches room temperature (for comfort only).
- 3) Clean a small area on the abdomen with the alcohol wipe.
- 4) Let the area dry completely.
- 5) Remove the cap off the syringe
- 6) Pinch a fold of skin for easy injection.
- 7) Insert needle into the injection site and inject entire contents of syringe.
- 8) Dispose the needle in sharps container or sturdy plastic bottle

Stop taking immediately if you become pregnant, develop unmanageable vomiting and/or abdominal pain, or develop a lump in your neck or have difficulty swallowing.