

Injection Guide

PURE
Hydration



How to Administer a Subcutaneous Injection

For educational use only. Always follow the instructions provided by your licensed provider.



Step 1: Sanitize and Prepare

Start by washing your hands thoroughly with soap and warm water for at least 20 seconds. Dry with a clean towel or an air dryer. Make sure your workspace has also been disinfected.

Scan here to
view the Injection
Tutorial Video



Step 2: Gather Supplies

You'll need:

- A bacteriostatic vial and peptide vial
- A sterile syringe and needle (if not pre-filled)
- Alcohol wipes
- A Sharps container or a secure puncture-proof disposal container

Step 3: Verify Your Medication

Before injecting:

- Confirm the label matches your prescription
- Check the expiration date and the clarity of the solution
- Always use a clean, sterile syringe

Step 4: Re-Constitute Your Peptides with Bacteriostatic Water

- Remove the cap from the bacteriostatic water vial and peptide vials.
- Clean rubber stoppers with alcohol wipe.
- Using a sterile syringe, draw up 2ML of the bacteriostatic water.
- Insert the needle into peptide vial allowing water to slowly flow down the vial, avoid shaking as much as possible.
- Gently swirl the peptide vial until the powder is fully dissolved.
- Store peptide vials in refrigerator after mixing until ready for use.

Step 5: Choose & Clean Injection Site

Subcutaneous injections go into the fatty layer under the skin.

Common Sites:

- Lower Abdomen (at least 2" from your navel)
- Outer thigh

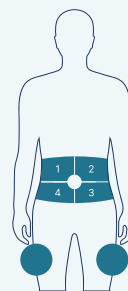
Clean the site with an alcohol pad and inspect for redness, bruising, or irritation.

Step 6: Rotate Sides

Rotate injection locations to avoid irritation or poor absorption. Don't inject the same spot repeatedly.



Posterior



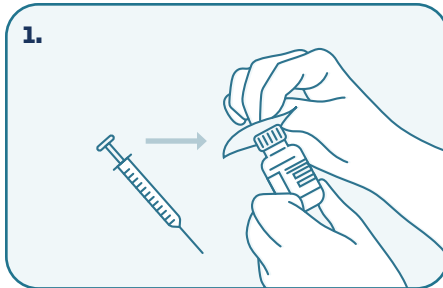
Anterior

How to Administer a Subcutaneous Injection

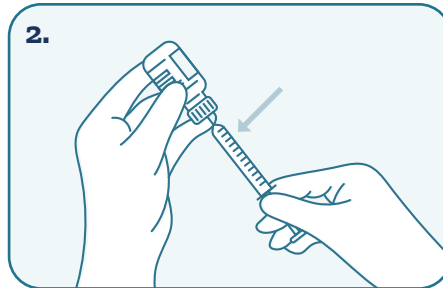
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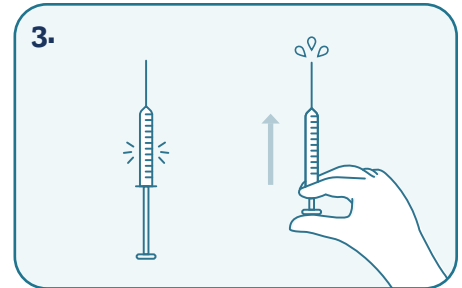
Step 7: Administer The Injection



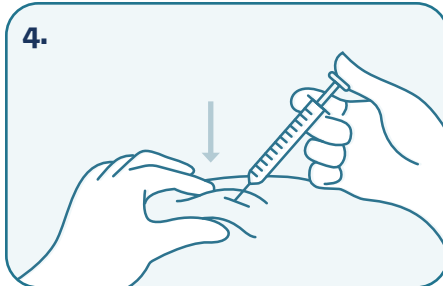
1. Clean the top of the peptide vial using an alcohol wipe.



2. Carefully insert the syringe and draw up your prescribed dosage.



3. Tap the syringe gently to remove any air bubbles.



4. Clean the skin with an alcohol wipe and let it dry completely.

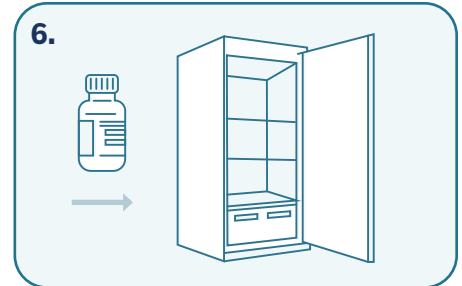
Pinch the skin firmly and insert the needle at a 45° angle.

Inject slowly and steadily.



5. Gently remove the needle and discard in a Sharps container immediately.

Apply light pressure to site with a cotton pad.



6. Store your peptide vial in the fridge unless instructed otherwise.

Safety Notice

If you experience severe pain, swelling, or concerning symptoms, contact a medical professional immediately. For emergencies, call 911.

For non-emergency questions about your injection protocol, call Pure Hydration at (904) 372-4401.



For more information about Peptide Therapy, scan the QR Code