



BPC-157 INJECTION INSTRUCTIONS

- **Inject BPC-157 subcutaneously under the skin, *aim as close as possible to sight of injury***
- **Administer 5 consecutive days or nights a week (5 days on, 2 days off)**

Step 1

Clean area with alcohol swab. Slightly pinch a fold of skin at the spot of your injury.

Step 2

Place the syringe at a 45 or 90-degree angle to the injection site

Step 3

Quickly push the needle all the way into the pinched-up fold of skin. Slowly push the plunger of the syringe all the way in.

Step 4

Take the needle out at the same angle that you inserted it. Let go of the skin fold. If you bleed a little, apply pressure over the shot area using a cotton ball or a piece of gauze. To help avoid bruising, do not rub the area.

***See below diagram**

How to Give a Subcutaneous Shot



1. Use an alcohol swab to clean the skin where you will give the shot.



2. Gently pinch the skin and insert the needle into the skin at a 45-degree or 90-degree angle. Follow your provider's instructions.



3. After you insert the needle completely, release your grasp on the skin.



4. Inject all of the solution by gently and steadily pushing down the plunger.



5. Withdraw the needle and syringe and press an alcohol swab gently on the spot where the shot was given.