



Using an Auto-Injector for Subcutaneous Injections

Many people feel nervous about self-injections. An auto-injector can make the process easier. The *Inject-Ease* is a spring-loaded device designed to make subcutaneous injections easier and more comfortable. Simply load your syringe, place the device against your skin, and press the button to automatically insert the needle. Load your syringe, place the tip against your skin, and press the button — the needle inserts automatically. The Inject-Ease is designed for subcutaneous (Sub-Q) injections only and is built for one-handed use, making it easier to reach common injection sites such as the abdomen and thighs.

What's Included?

Most auto-injector kits include:

- Auto-injector device
- Syringe adapter
- Spacers or inserts for compatible needle sizes
- Manufacturer instructions

Needles and syringes are typically not included.

Compatible Equipment (*Check your syringe and needle before purchasing to ensure they are compatible with the device.*)

- ✓ Subcutaneous (Sub-Q) injections only
- ✓ 25-26 gauge, 5/8-inch needles
- ✓ 1 mL Slip Tip syringes

Not compatible with:

- Intramuscular (IM) injections
- Luer-Lock syringes
- Needles longer than 5/8 inch

If you're unsure whether your supplies are compatible, check the packaging or ask your pharmacist or healthcare provider.

Recommended Injection Sites

Common subcutaneous injection sites include:

- Abdomen (at least 2 inches from the belly button)
- Front or outer thigh

Rotate injection sites regularly to help reduce irritation and scar tissue.

How It Works

1. Prepare your medication as instructed.
 2. Load your filled syringe into the Inject-Ease®.
 3. Place the device firmly against your injection site.
 4. Press the button to automatically insert the needle.
 5. Slowly inject your medication.
 6. Remove the syringe and safely dispose of it in a sharps container.
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Does It Help With Needle Anxiety?

For many people, the most difficult part of self-injection is manually pushing the needle through the skin.

An auto-injector eliminates that step by inserting the needle quickly and consistently. Many patients report that this significantly reduces anxiety and makes self-injections more manageable.

Care and Cleaning

- The device is designed for repeated use.
- Clean the exterior with an alcohol wipe after each use.
- Always use a new sterile needle and syringe for every injection.
- Replace the device if the spring mechanism no longer functions properly.

How long does the device last?

The Inject-Ease is built to be reusable indefinitely. The device never contacts the needle or medication, so contamination isn't a concern. Wipe the exterior with an alcohol wipe between uses. Many people use the same device for years. Replace it if the spring mechanism feels weakened or the button no longer fires consistently.

Where to Purchase

- AmbiMed Inc.
- Amazon (QR code links to the Amazon listing)

Manufacturer: AmbiMed Inc.

Customer Support: (831) 475-1765



Questions?

If you're interested in using an auto-injector or would like additional injection training, please speak with your **Harmony HRT** provider or medical assistant. We're happy to help you find the injection method that works best for you.

