Administration by the Subcutaneous (Subcut) Route

Who can provide pediatric immunization to children 3 years and older in the pharmacy?

Pharmacists

Pharmacy Technicians (under supervision of a qualified pharmacist either live or via telepharmacy)

How do you administer vaccines to children 3 years and older?

Every vaccine has a recommended administration route and site. This information is included in the vaccine manufacturer’s package insert. Deviating from the recommended route may reduce vaccine efficacy or increase local adverse reactions.
**Tips for Success**

1. **Instruct Caregivers to Hold Child Appropriately**
   - Have child sit on the caregiver’s lap
   - Embrace the child (holding both arms over the child’s arms)
   - Anchor both of the child’s legs between caregiver’s thigh

2. **Distraction Techniques**
   - Have the child bring their favorite toy or book
   - Play a game with the child
     - Have a popit on hand and play a game to see if they can pop all the “pops” before you finish the shot
     - Have a sucker on hand and see if the child can unwrap the sucker before you finish giving the shot

3. **Pain Relief**
   - Apply a vapocoolant spray to a cotton ball and apply it to the injection site prior to disinfecting the site
   - Apply a Buzzy: a small vibrating bee with blue ice-pack wings. He helps block sharp pain and provides distraction when giving injections or other medical procedures.

4. **Reward the child**
   - Suckers
   - Stickers
   - Fun Bandaids

**Want More Information?**

Check Out the Following Resources:
- North Dakota Board of Pharmacy
- Comfort and Restraint Techniques Video
- Vaccine Administration – APhA
- Administering the Vaccine(s) – CDC
- How to Administer Injections – IAC
- You Call The Shots – CDC

Injection Site and Supplies Videos:
- Intramuscular (IM) Injection: Sites
- Subcutaneous (SC or Subcut) Injection: Sites
- Intramuscular (IM) Injection: Supplies (Children Birth Through 18 Year of Age)

**Questions?** Contact us at NDSU.CAPCenter@ndsu.edu