SubQ Sites & Rotation Guide

A visual map, a simple way to keep track, and the skin changes you should not ignore.

BODY MAP | ROTATION PLANNER | SAFETY CHECKLIST



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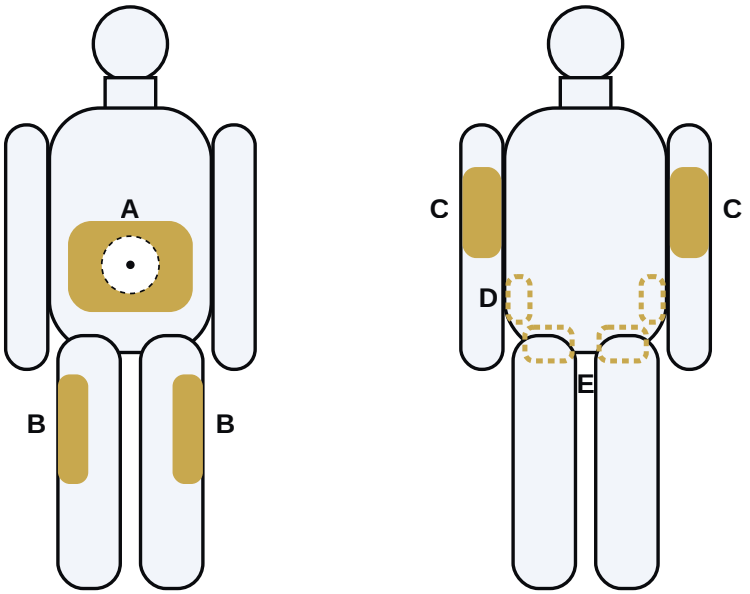
General education about prescribed subcutaneous medicines. Not a pep protocol or a recommendation to inject research products. Research use only products are not for human use.

Common areas, not interchangeable sites

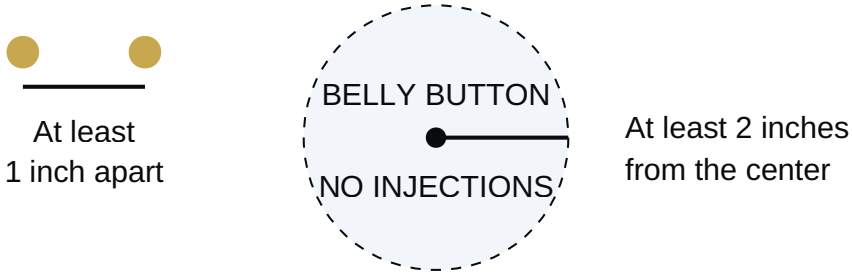


A · Abdomen	Fatty tissue below the ribs and above the hip bones. Stay at least 2 inches from the belly button. [1]
B · Upper thighs	Outer upper thigh is a common SQ area. Use only the sites allowed by the medicine instructions. [1]
C · Upper arms	Side or back of the upper arm, at least 3 inches below the shoulder and above the elbow. Reach and assistance matter. [1]
D · Love handles	Not a universal site. Use only if the specific medicine instructions and your trained technique include this area.
E · Upper glute	Not the same as an intramuscular glute injection. Not a default SQ site in the general references used here.

Solid gold = common areas in reference [1]. Dashed gold = areas in the sample graphic that are not universal options. This map is not to scale and does not identify exact needle placement.

A new spot means new tissue

Rotation reduces repeated use of one tiny patch. It does not make every reaction harmless.



Schematic only. Distances must be measured on the body.

TWO DISTANCES TO REMEMBER [1]

2 inches from the navel

Keep the entire injection point outside the 2 inch exclusion area around the belly button. A nearby clock number is not enough.

1 inch between points

Choose a different point at least 1 inch from the previous point. Follow any stricter spacing in the medicine instructions.

Check the skin before the calendar

Skip skin that is sore, red, swollen, bruised, scarred, firm, lumpy or otherwise damaged. A zone can be next on your list and still not be ready. [1]

The diagram shows spacing, not a schedule. A fixed number of days does not prove that tissue has recovered.

Keep within the approved area for your medicine. A whole body rotation is not automatically appropriate, because site choice can affect absorption. [1, 2]

Track the point, not just the side

01 Choose allowed areas

Start with the medicine’s written site instructions. Do not add an area just because it appears in a social graphic.

02 Name a few zones

For example, divide an allowed abdomen area into upper left, upper right, lower right and lower left. These are tracking labels, not exact injection points.

03 Choose a fresh point

Move to healthy tissue and keep the spacing on page 3. Do not reuse the same point simply because you crossed a zone boundary.

04 Record what happened

Write the date, zone and precise location. Note any tenderness, bruise, redness or lump. Use the printable log on page 6.

05 Recheck before returning

Skip any area that is still abnormal. There is no universal reset after four zones, twelve shots or a certain number of days.

ILLUSTRATIVE LABEL ORDER

Upper left → upper right → lower right → lower left

Use only zones that actually fit your allowed area. This example is a memory aid, not an injection frequency, treatment plan or guarantee of recovery.

A quick safety check

Before

☐ Check the medicine, label, expiry and written instructions.
☐ Wash and dry hands.
☐ Use a new sterile needle and syringe every time.
☐ Inspect the skin.
☐ Clean the site and let it air dry.
☐ Keep a sharps container within reach.

After

☐ Put used needles and syringes straight into the sharps container.
☐ Never save them for another injection or vial entry.
☐ Record the actual point used.
☐ Note skin changes so they are not forgotten at the next check.

Equipment and preparation principles: [1, 2, 3]. Follow the specific device instructions for technique; this guide does not teach needle angle, depth, dose or preparation of research products.

DO NOT EXPLAIN EVERY REACTION AWAY AS ROTATION

Skip the area and get it assessed

A persistent lump, worsening pain, increasing redness or swelling, or skin that feels hot deserves attention. Rotation alone cannot identify the cause.

Seek prompt medical care

Spreading redness, red streaks, drainage or fever may signal infection. Do not keep injecting into the area. [1]

Emergency symptoms

Trouble breathing, swelling of the lips or tongue, fainting, or a rapidly worsening reaction requires emergency help. Call 911 in the U.S. [4]

Minor soreness or bruising can occur, but severity, persistence and progression matter. Do not assume a reaction is safe because someone else reported the same thing.

My rotation log

Name: _____ Week of: _____

Allowed sites from the medicine instructions: _____
_____

Date / time	Allowed area / zone	Point used Describe or sketch	Skin check / notes

Before choosing the next point

Is the skin healthy? Is the point within an allowed area? Is it spaced from the previous point? If not, skip it and record why.

Print extra copies as needed. This page tracks location and skin condition, not dose or injection frequency. Record every injection, including multiple entries on one day.

What rotation can and cannot do

Does a sore spot prove I picked the wrong area?

No. Repeated use is one possible contributor, but soreness does not identify the cause. Irritation, infection, a product reaction and other problems cannot be separated by a map alone.

Can I put every pep in the same type of site?

No universal rule applies. Route and site depend on the specific medicine and its instructions. Research use only products are not approved medicines for personal injection.

When can I return to a point?

This guide gives no fixed waiting period. Do not reuse abnormal tissue just because a rotation cycle is complete. Follow the medicine instructions and any individual care plan.

Is an upper glute SQ injection the same as a muscle injection?

No. Subcutaneous means the fatty layer beneath the skin; intramuscular means muscle. This guide does not teach either procedure.

Sources behind the general principles

[1] MedlinePlus. Subcutaneous (SQ) injections

[2] Cleveland Clinic. How To Give Yourself a Subcutaneous Injection

[3] CDC. Safe Injection Practices and Your Health

[4] MedlinePlus. Anaphylaxis

Reviewed November 4, 2026. These sources discuss prescribed medicines and general injection safety. They do not establish human safety, appropriate sites or dosing for research compounds.

Educational information, not medical advice or a personal treatment plan. Jorge Abreu is involved in Reign Peptide. Research use only products are not for human consumption.

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JORGE ABREU



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