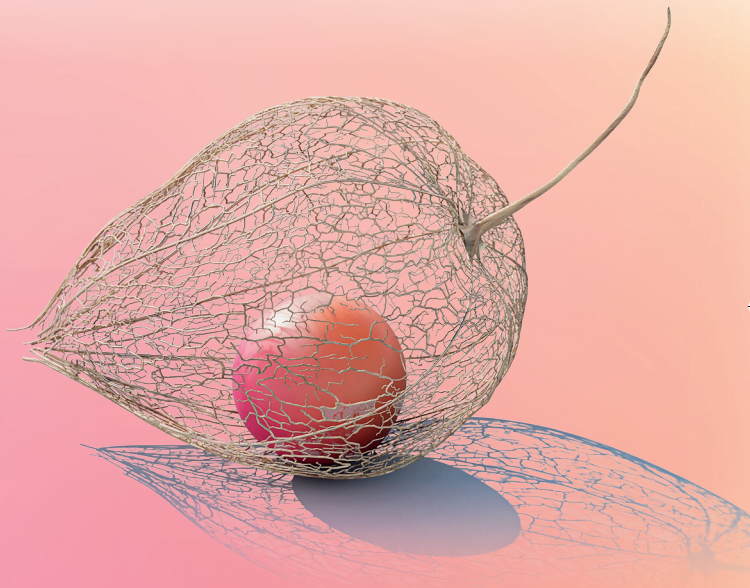


# A STEP BY STEP GUIDE TO SELF-INJECTION AT HOME

(for subcutaneous injection)



**Caring Innovation**

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This booklet was developed by IBSA

**Please read the patient information leaflet that comes in the pack before administering your first injection**

## How to use

This booklet and the kit it refers to are intended for subcutaneous injections (injections beneath the skin).

**After suitable advice and training your healthcare professional may ask you to inject yourself.**

**Before your first injection, your healthcare professional must:**

- Have informed you of the potential injection sites for self-administration;
- Have demonstrated how to prepare the solution for injection;
- Have explained how to prepare the correct dose of injection.

## **BEFORE INJECTING YOURSELF, READ THE FOLLOWING INSTRUCTIONS CAREFULLY:**

- Check the expiry date on the pack and do not use the product if it has expired.
- Check you have the correct number and strength of fertility drug vials as specified on your prescription. You should have the same number of solvent ampoules as fertility drug vials.
- If you are unsure of your prescribed dose please consult your healthcare professional.

## Each set contains\*:

20 x 2ml syringes

20 x green drawing up needles

20 x yellow injection needles

20 x translucent plastic ampoule snappers

1 x plastic sharps bin

\*Numbers may vary dependent on your clinic.

## How to inject at home

### 1. Before Use

Ensure you have a clean work surface on which to place all the items you need:

1. One ampoule snapper
2. One 2ml syringe
3. One long, green drawing up needle
4. One short, yellow injection needle
5. Your medication



Prepare a clean surface and wash your hands with soap and warm water.

## 2. Preparation of syringe and needle

- Unwrap a long, green drawing up needle.
- Remove one syringe from its packaging.
- Attach the drawing up needle to the syringe, leaving the needles protective cover in place.

## 3. Opening the ampoule of solvent



Take an ampoule of solvent and lightly flick the top section so that any fluid in the top, drops down to the bottom of the chamber.

Beneath the visible coloured dot on the ampoule neck, the glass has been scored to make it easier to break.



Hold the ampoule in one hand, with the dot facing away from you.

Using your other hand, place the narrow end of the ampoule snapper firmly over the top of the ampoule until it clicks in place.



Hold the bottom of the ampoule firmly in one hand and snap the top of the ampoule by pulling the ampoule snapper towards you with the other hand.



Place the opened ampoule on the work surface. Dispose of the broken end and the ampoule snapper in the sharps bin.

## 4. Drawing up the solvent into the syringe

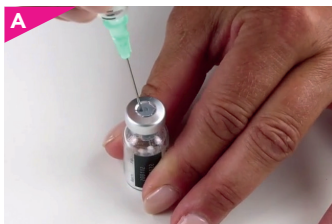


Take the prepared syringe and remove the needle cover.

With the syringe in one hand and the open ampoule in the other, place the needle into the solvent. Draw up all the liquid into the syringe, making sure the tip of the needle remains below the surface of the liquid. This reduces the chance of air entering the syringe.

## 5. Preparing the medication for injection

Take a vial of medication (white powder) and remove the protective plastic cap, exposing a rubber membrane in the top of the vial.



Puncture the rubber membrane in the top of the vial with the needle and slowly inject the liquid down the inside of the vial into the white powder.



*The white powder dissolves immediately without the need to shake the vial.*

After it has dissolved, slowly draw up the solution into the syringe.

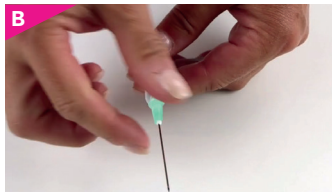
If you have been prescribed more than one vial of medication per injection, then inject the solution already in the syringe into the next vial, repeating step 5.

The leaflet in your pack of medication contains information regarding the maximum number of vials which can be dissolved in one ampoule (1ml) of solvent.

## 6. Preparing the injection



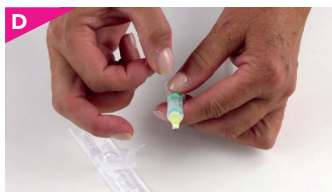
When the contents of the correct number of vials have been drawn up into the syringe. Point the needle upwards and replace the protective cover on the drawing up needle.



Detach the needle from the syringe and dispose of it in the sharps bin along with the empty vials.



Remove the short, yellow injection needle from the packaging and attach it firmly to the syringe.



Remove the protective needle cover and inspect the syringe for air bubbles.

Hold the syringe with the needle pointing upwards and lightly flick the syringe with your finger until all bubbles collect at the top.



Gently push the plunger of the syringe until all bubbles have been expelled and a drop of liquid appears at the end of the needle.

## 7. Injecting the solution



When injecting into the abdominal site, it is recommended to do so somewhere in the area of an arc beneath the navel.

As the product is given every day, it is recommended to rotate the site of injection so as not to repeatedly inject in the same place.



Pinch the skin together firmly and insert the needle at an angle of between  $45^{\circ}$  to  $90^{\circ}$ .



As you release the pinched skin, inject all the medication by pushing slowly and steadily on the plunger.



Discard all your used needles, syringes and injection materials in a sharps dispenser.

Do not close the lid of the sharps bin until you have completed your whole course of treatment, at which time you should dispose of the sharps bin as you have been advised by your clinic.

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We also recommend watching our helpful step-by-step video demonstrations



If you get any side-effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

You can also report side-effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/>.

By reporting side-effects, you can help provide more information on the safety of this medicine.

To report a side effect or product complaint to IBSA Pharma please contact **IBSA Pharma Ltd on 01923233466** and **medicalinformation.uk@ibsagroup.com**

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