



IBSA PHARMA

Caring Innovation

A step by step guide to self-injection at home (for subcutaneous injection)

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Introduction

Before you start treatment, check the contents of your home care kit to ensure the following items are included:

- 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**

Secure the top onto the base of the sharps bin, but do not close the lid.

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.

A specialist will have already talked to you about self-administration of injections at home and use of the sharps bin. This booklet and the kit it refers to are intended for subcutaneous injections (injections beneath the skin).

When the sharps bin is full or you have finished all your treatment, seal the lid of the sharps bin and dispose of it as instructed by your clinic.

Before you prepare the first injection, wash your hands and 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**

If the packaging of the needles or syringes is damaged so that the sterile seal is broken, do not use those syringes or needles, but dispose of them in the sharps bin.

Place the correct number of vials (medication) and ampoules (solvent) for your first injection on your prepared surface.

1. 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 needle's protective cover in place.

Place the syringe and needle on the work surface.



2. Opening the ampoule of solvent

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

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.

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



3. 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.

Replace the protective cover on the needle and dispose of the empty ampoule in the sharps bin.



4. 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.

Take the syringe and remove the protective cover from the needle.

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.

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 4.

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.



5. Preparing the syringe for injecting

When the contents of the correct number of vials have been drawn up into the syringe:

Draw back the plunger slightly to ensure no liquid is left in the needle.

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.



6. Giving the injection manually

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.

You are now ready to give the injection which must be done immediately.

Your specialist will have advised you on where to inject, e.g. tummy, front of thigh – and how to prepare the injection site.

Prepare your chosen site of injection as advised by the specialist.

Pinch the skin together firmly and insert the needle at an angle of 45° to 90° , injecting under the skin as you were taught.

Do not inject directly into a vein.

Inject the solution by pushing the plunger, taking as much time as needed to inject all the liquid.

Withdraw the needle and clean the skin as advised by the specialist.

Dispose of the used syringe, injection needle and any remaining empty ampoules or vials in the sharps bin.

When the sharps bin is full or you have finished all your treatment seal the lid of the sharps bin and dispose of it as instructed by your clinic.





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Adverse Events

If you experience 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.

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