

## 10 step plan for preparing and giving as-needed subcutaneous injections using a blunt needle technique.

Remember, if you have any concerns about any of the steps you can contact your healthcare team using the numbers in your carer diary.

### 1. Wash your hands with soap and water and dry well.



### 2. Assemble the equipment in a clean container. You will need:

- Medication(s) ampoule(s) as well as normal saline for flushing.
- Luer-lock syringes.
- Blunt filter drawing up needle(s).
- Alcohol wipe (optional).
- Sharps container.



### 3. Check the injection site for:

- Redness.
- Tenderness.
- Swelling.
- Leakage.



### 4. Attach the blunt drawing up needle to the Luer-lock syringe.

- Take the syringe out of the packet.
- Put the needle onto the syringe using a twisting action until secure.



### 5. Open the plastic or glass ampoule.

- Refer to the guide 'Opening and drawing up from an Ampoule'.



### 6. Drawing up medication from an ampoule:

- Place the ampoule in a position that is comfortable for you, such as on a table, or turn the ampoule upside down. The medication should not come out of the ampoule when turned upside down.
- Insert the needle into the ampoule.
- Draw up the medication by slowly pulling back on the plunger of the syringe.



## 10 step plan for preparing and giving as-needed subcutaneous injections using a blunt needle technique (continued).

### 6 Drawing up medication from an ampoule: (continued)

- Once the medication is removed from the ampoule, hold the syringe with the needle pointing upright.
- Flick the syringe with your finger to get all air bubbles to the top, then push the plunger up to expel the air bubbles from the syringe.
- Slowly push the plunger of the syringe upwards until you have the correct dose/amount as instructed by the doctor/nurse.
- Dispose of the ampoule directly into the sharps container.



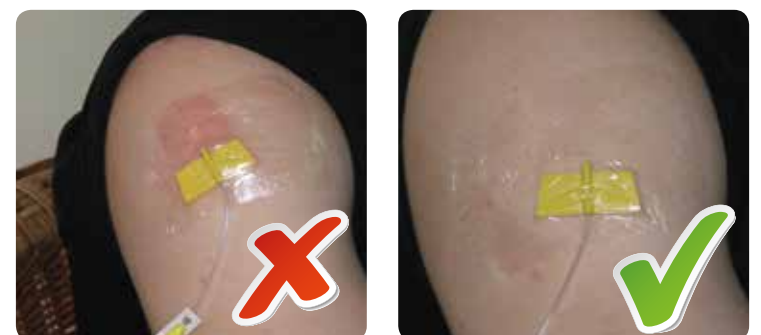
### 7. Give the injection into the cannula:

- Take the prepared syringe(s) in a clean container, and a sharps container to the person.
- Remove the drawing up needle and dispose of it into the sharps container.
- Place the small blunt needle on the end of the syringe using a twisting motion to secure it.
- Swab the white rimmed cap at the end of the cannula with an alcohol wipe (optional).
- Push the blunt plastic needle into the centre of the white rimmed cap.
- Slowly push the plunger of the syringe until the barrel is empty.
- Remove syringe with needle from the cannula and dispose of it into the sharps container.
- Repeat the process with 0.5mls of normal saline after all medications have been given to flush the line.



### 8. Check the injection site for:

- Redness.
- Tenderness.
- Swelling.
- Leakage.



### 9. Record the medication(s) given in the carer diary and check later that they have worked.

### 10. Safe storage and disposal of medication(s):

- Store medication(s) in a container in a cool place away from children and away from the view of the general public.
- Store sharps container out of reach as directed by your nurse.
- It is important to dispose safely of unused medication(s). Return unused medication(s) to your local pharmacist when they are no longer required.