

HYDROCORTISONE IM INJECTION

EMERGENCY TREATMENT KIT



Fill in only if patient label is unavailable

Name: DoB:

NHI: Phone:

Address:

.....

Your prescribed dose is _____ mL

Give this by intramuscular (IM) injection

Your kit contains:

- 1 x vial Hydrocortisone 100mg/2mL Injection (Solu-Cortef Act-o-Vial)
- 1 x 20G needle
- 1 x 25G needle
- 1 x 3mL syringe
- 2 x alcohol swabs
- 1 x gauze swab
- Sharps container for disposal of used syringe and needles

How to give an IM injection of hydrocortisone

1. Wash your hands and assemble your equipment.



2. Tap the vial to make sure that the powder is at the base of the vial and away from the central stopper.
3. Place the Act-O-Vial on a flat stable surface and hold with one hand.
4. Press down firmly on the plastic activator as illustrated (for some patients it is easier to use the palm of the hand to press down firmly on the plastic activator). The diluent will enter into the lower compartment.



5. Gently mix the solution by turning the vial upside down several times.
6. **DO NOT SHAKE THE VIAL.**
7. Once the solution is clear and the bubbles disperse, remove the plastic tab covering the centre of the stopper and use the alcohol swab to clean (sterilise) the rubber stopper on the vial.



8. Unwrap the NEEDLE with the biggest hole (20G) and SYRINGE by pushing through the paper backing.
9. ATTACH the NEEDLE (20G) to the SYRINGE and remove the needle cap.
10. PULL OUT the PLUNGER of the SYRINGE to the 2mL MARK for an adult or the required volume for a child.

11. INSERT the SYRINGE into the vial and push the plunger down to insert air into the vial.

12. TURN vial and syringe UPSIDE-DOWN, with the needle in the solution.



13. PULL BACK the plunger and draw the solution into the syringe.

For an adult – draw up all the medicine from the vial

For a child – draw up the dose prescribed by your doctor



14. Withdraw the vial away from the syringe and cap the needle on the syringe.

15. Remove the capped needle and put in the SHARPS container.

16. Unwrap the new needle with the smaller hole (25G), and put this onto the syringe and remove the cap.

17. With the needle pointing upwards, tap the syringe to remove air bubbles and then push gently on the plunger until a drop forms.

18. Put the cap back on the needle and prepare the injection site by cleaning it with an alcohol swab.

19. The best choice of site is usually the front outer THIGH (midway between the knee and hip; other options are in the DELTOID (upper arm near shoulder); or GLUTEUS (buttock outer upper quarter).

20. When ready to inject, remove the cap from the needle, and bunch the muscle (as in the picture below).



21. Hold the syringe like a dart and insert the needle at a 90 degree angle.



22. Pull back on the plunger slightly to check for blood. (This rarely happens, but if you see blood, withdraw the needle and re-insert nearby).

23. Push down the plunger for 5 to 10 seconds to inject the solution.

24. Withdraw the needle and discard in the SHARPS container.

25. Cover the injection site with a gauze swab and apply pressure to the site for about one minute to stop any bleeding.

26. Seek medical help as per your treatment plan.

Read this leaflet and discuss any questions you have about your medicine with your doctor, pharmacist or nurse.

ACKNOWLEDGEMENT:

Photographs courtesy of Clinical Centre National Institute of Health, www.addisons.org.nz (accessed 5/5/2011)