

Carers Information Card - How to give a Subcutaneous Injection

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



2. Give the injection into the cannula:

- Take the prepared syringe(s) in a clean container, and a sharps container to the person.
- Rub the syringe between your hands if it has been in the fridge. This reduces stinging when injecting.
- Check the injection site.
- Remove the drawing up needle and dispose of it safely into the sharps container.
- Swab the white rimmed cap at the end of the cannula with an alcohol wipe (optional).
- Push the plastic needle into the centre of the white rimmed cap and twist clockwise.
- Slowly push the plunger of the syringe until the barrel is empty.
- Remove the syringe and dispose of it into the sharps or hard walled container.
- Repeat the process as necessary. Flush the cannula with 0.5ml sterile normal saline.



3. Check the injection site for:

- Redness
- Tenderness
- Swelling
- Leakage



4. Record the medication(s) given and check later that they have worked.

5. Safe storage and disposal of medications:

- Store medication(s) securely in a container in a cool place away from children and from the view of others.
- Store prepared labelled syringes in an airtight container in the fridge, in an out of the way position in the fridge or as directed by the nurse.
- Store sharps container out of reach safely and securely



- Dispose safely of unused medications as directed by the nurse.

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Purpose: To provide information that reinforces the education provided by nursing or support staff to assist carers to be able to give a subcutaneous injection safely and confidently, without injury to either themselves or the person.

Note:

1. If you don't feel confident, have any difficulty assisting with this or have any concerns, please let nursing or support staff know.
2. If this equipment is faulty or damaged in anyway or you need advice about safe storage, please let nursing or support staff know.

During the last stage please note that:

- * If pain is obvious through facial grimacing, frowning, tensing of muscles and agitation more injections (as prescribed) may be required.
- * Refer to the 'Guidelines for Patients and Carers' symptom management plans.
- * **If unsure at any stage, contact your community palliative care service or after hours number.**

Further information: www.caresearch.com.au

Acknowledgements: Echuca Community Palliative Care Service

Disclaimer: The Community Palliative Care Service and all persons involved in producing this information sheet will not be held responsible for any adverse event or loss from the implementation of all or part of this information. All reasonable efforts will be made to ensure that the item this information sheet pertains to, is maintained to a high safety standard.

Please return this card to the Community Palliative Care Service when no longer required.