



Caring Safely at Home
palliative care education for caregivers

Preparing and Giving a Subcutaneous Injection 10 Step Plan – No Needle Technique

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



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

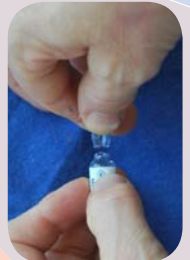
- Medication ampoules as well as normal saline for flushing
- Syringes
- Blunt drawing up needle(s) and red cap(s)
- Labels
- Alcohol wipe (optional)
- Sharps or hard walled container.



3. Attach the blunt drawing up needle to the syringe.



4. Open the plastic or glass ampoule.



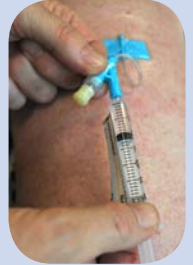
5. Drawing up medication from an ampoule:

- 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
- 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 the air bubbles to the top, then slowly 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
- Label syringe(s)
- Leave blunt needle on or remove blunt needle and replace with red cap
- Dispose of the ampoule directly into the sharps or hard walled container.



6. Give the injection into the cannula:

- Take the prepared syringe(s) in a clean container, and a sharps or hard walled container to the person
- Rub the syringe between your hands if it has been in the fridge, as this will minimise stinging when injecting
- Check the injection site
- Remove the red cap/blunt needle from the syringe
- Remove the rubber bung or red cap (with a screwing motion) and position the part that was connected to the cannula facing up or on its side in a clean container
- Swab the end of the cannula with an alcohol wipe (optional)
- Insert the end of the syringe into the cannula
- 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 if necessary. Flush the cannula with 0.5ml sterile normal saline
- Replace the red cap or rubber bung on the cannula.



7. Check the injection site again for:

- Redness
- Tenderness
- Swelling
- Leakage.



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



9. 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 prepared labelled syringes in an airtight container in the fridge, either in a compartment in the door or in an out of the way position in the fridge; or as directed by your nurse
- Store sharps and hard walled 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.



10. Contact your nursing service/doctor if you have any concerns.



Contact details: _____