Preparing and Giving a Subcutaneous Injection
10 Step Plan – Using a Blunt 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(s) ampoule(s) as well as normal saline for flushing
   - Luer-lock Syringes
   - Blunt drawing up needle(s) and small blunt needles
   - Labels
   - Alcohol wipe (optional)
   - Sharps or hard walled container.

3. 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

4. Open the plastic or glass ampoule.
   - Refer to the guide ‘Opening and drawing up from an 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 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
   - Label syringe(s)
   - Dispose of the ampoule directly into the sharps or hard walled container.

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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 drawing up needle and dispose of it into the sharps or hard walled container
- Place the blunt plastic 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 the needle 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.

7. Check the injection site 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 of 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: ______________________________

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