Caring Safely at Home
palliative care education for caregivers

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.



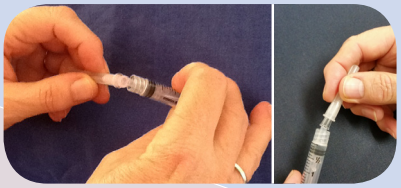
2. Assemble the equipment in a clean container. You will need:

- 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.



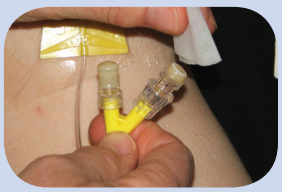


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6. Give the injection into the cannula:



- 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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