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
- Luer-lock Syringes
- Blunt drawing up needle(s) and coloured cap(s)
- Labels
- Alcohol wipe (optional)
- Sharps or hard walled container.



3. Attach the blunt drawing up needle to the 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 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.



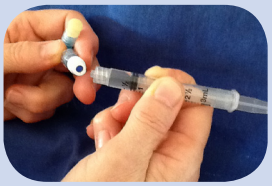




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6. Give the injection into the cannula:







- Take the prepared medication syringe(s) and normal saline flush in a clean container
- Take the coloured caps off the end of the syringe
- Next pick up the cannula, and push the syringe into the blue area (see picture), using a twisting or screwing motion until the syringe is securely attached to the cannula
- Push the plunger in until all the medication has been given
- Remove the syringe, use a twisting motion to unscrew the syringe
- Place syringe in bin
- Repeat the process by flushing the line with 0.3mls of normal saline (this allows the patient to have full effect of the medication).

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:_____

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