

Inject medication slowly and release skin
Leave needle in place for 5-10 seconds after injecting medication, if possible
Remove needle swiftly and smoothly
Wipe area gently with cotton wool, do not rub as this may be sore. Apply a plaster if needed.

Step 4. Dispose of the Needle/Syringe
Dispose of needle and syringe immediately into a sharps bin

Auto-injector: Some children use an automatic injection device, often called a 'rocket'.



Example of an Auto-Injector

Follow the manufacture's instructions for loading syringe and administering the injection

After the injection, remove the syringe. Clean the auto-injector as specified in the instructions

Will the injection hurt? Children may describe a pinching/stinging or bee-sting sensation during and just after the injection. It is normal for the injection site to be a little red and tender. It is expected that children may be afraid of injections. It is important to be honest and explain the injection in a manner that they can understand.

How to reduce any discomfort:

- Prepare your child, explain why this is necessary and how you will give the injection
- Use distraction and play to amuse your child
- Encourage them to practice on their teddy or doll. For infants, give them a soother/comforter if they use one
- Ensure clothing over the injection site is not tight

My child has a bleeding disorder: seek medical advice before giving injections to your child.

Specific Instructions:

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Date issued: July 2014, October 2012 : 1st edn.
Date of review: July 2017

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 <p>Our Lady's Children's Hospital, Crumlin</p>	<p>Our Lady's Children's Hospital, Crumlin, Dublin 12</p> <p><i>...where children's health comes first</i></p>
<p>ADVICE FOR PARENTS/GUARDIANS/CHILDREN</p> <p>Administering a Subcutaneous Injection</p> 	
<p>CONTACT DETAILS</p> <p>Ward / Dept. Name: _____</p> <p>Telephone: _____</p> <p>Tel (Main Switch): 01 4096100</p> <p>Fax: 01 4558873</p>	

Subcutaneous (SC) Injections: deliver medication below the skin into subcutaneous tissue, where the medication can take effect. SC injections may be given by your child or a parent/care-giver. Your nurse will teach you and/or your child how to administer these injections.

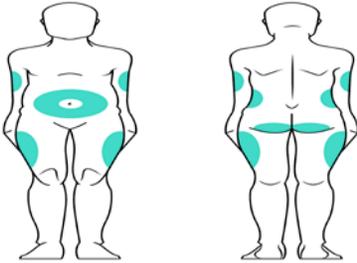
Please discuss any concerns with your doctor/nurse. Seek advice if your child:

- Becomes unwell after the injection
- The injection site appears infected (very red, swollen, very painful)
- Lumps present in injection site area
- Experiences any worrying side-effects of the medication

Storage of Medications: Ensure all medications are stored safely, out of reach of children.

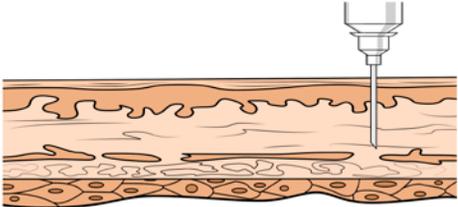
Specific advice for your medication: your nurse/doctor will discuss any specific requirements for the storage and administration of the medication.

4 steps to administer a SC injection
1. Choose the injection site
2. Prepare the medication
3. Inject the medication
4. Dispose of the needle/syringe

Step 1: Choose the Injection Site
<p>Buttocks, thigh, abdomen and the side/ back of the upper arm are used for SC injections.</p> 
<p>It is very important to select a different injection site for each injection, especially when the injections are given regularly. This is called rotating the injection sites. If an injection is given repeatedly into the same area, small lumps will form under the skin and your child may find this sore. This may also reduce the way the medication is absorbed and potentially reduce its effectiveness.</p>

Step 2: Prepare the Medication
<p>Medication for SC injection may come as a pre-loaded syringe or you may need to prepare the medication yourself.</p>
<p>Gather equipment. You will need:</p> <ul style="list-style-type: none"> -Medication -Needle/syringe or pre-filled syringe -Auto-injector (if necessary) -alcohol swab (if indicated by your nurse/doctor) - Cotton wool, plaster
<p>Wash your hands with warm water and soap</p>
<p>Check the correct medication and dose</p>

<p>Draw up the medication, if you are not using a pre-filled syringe:</p> <ul style="list-style-type: none"> • Remove cap off the vial • Wipe the top with an alcohol swab, allow to dry for 40 seconds • Insert the needle into the rubber bung, resting the vial on a flat, clean surface • Turn the vial upside down; ensure the fluid is above the tip of the needle • Pull back on plunger to withdraw medication into syringe • Fill to the correct dose prescribed, remove the needle • Hold the syringe upright and expel any air bubbles-

Step 3: Inject the Medication
<p>Ensure the skin is clean. If not, wash the area with soap and water. If your child is immunosuppressed, swab the skin with a Chlorohexidine/alcohol swab and allow the skin to dry for at least 40 seconds</p>
<p>Gently bunch up the skin</p>
<p>Avoid squeezing the skin too tightly</p>
<p>Insert the needle smoothly at a 90 degree angle</p> 
<p>If your child is very thin and has very little subcutaneous tissue, insert the needle at a 45 degree angle</p>
<p>Inject medication slowly (count to 5 or 10) and release skin</p>