

Self-Injection Instructions for Injectable Gold

A Guide for Patients

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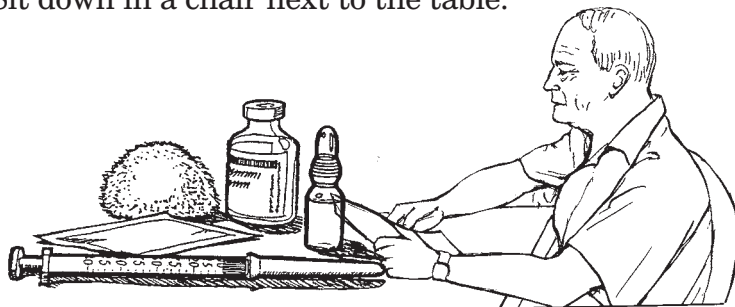
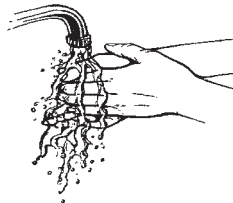
Tel: 604-875-4021

What to Have Ready:

- Ampoule or vial of medication
- Sterile disposable syringe and needle
- Sample syringe marked with the prescribed dosage
- Alcohol swabs
- Self-injection record
- Hard plastic container for used needle/syringe disposal

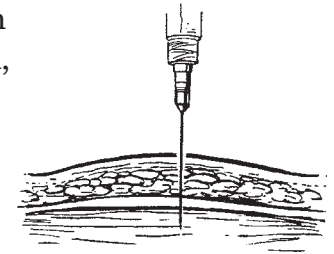
Preparing for your Injection:

- Wash your hands with soap and water.
- Gather all the items you need and take them to a table.
- Sit down in a chair next to the table.

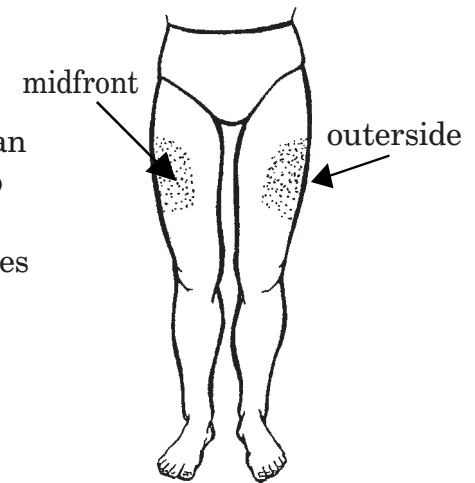


Injection Sites:

- Injectable gold medication is taken as an intramuscular (IM) injection, which deposits medication into the muscle below the skin and fat layers.
- The midfront and outside thigh muscles are the best sites.

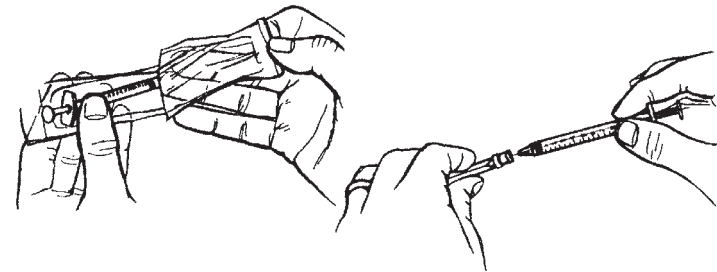


A family member or caregiver can also learn this technique. The muscles of the buttocks can also be used. It is important to rotate injection sites. The new site should be at least 1-2 inches away from the previous site.

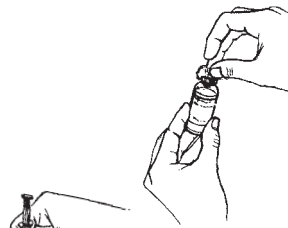


Filling the Syringe - VIAL:

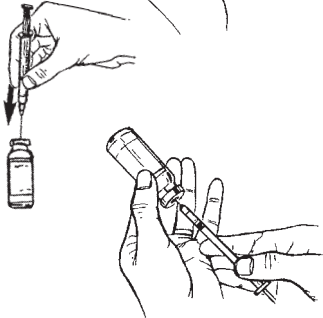
- Mix contents thoroughly. Unwrap needle and syringe and assemble.



- Clean the rubber stopper of vial with an alcohol swab.

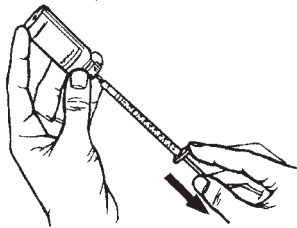


- Insert needle into rubber stopper of upright vial.

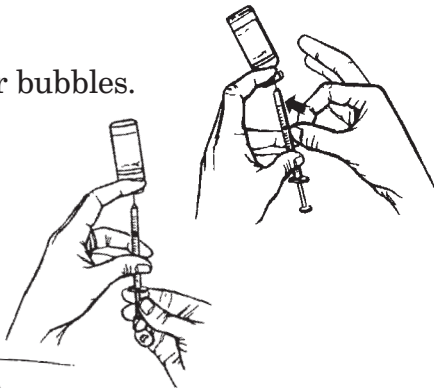


Turn the vial upside down.

Pull back the plunger to beyond the prescribed dosage level. Ensure end of needle is in solution.



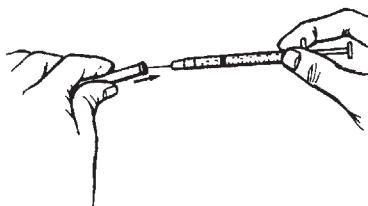
- "Flick" syringe to remove air bubbles.



- Adjust plunger to prescribed dosage level on syringe.



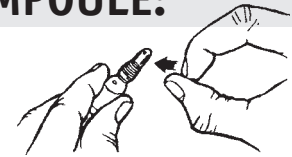
- Turn vial upright and remove needle



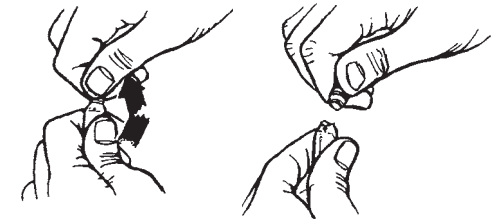
- Withdraw needle and replace the needle cover.

Filling the Syringe - AMPOULE:

- Flick top of ampoule to move fluid down.



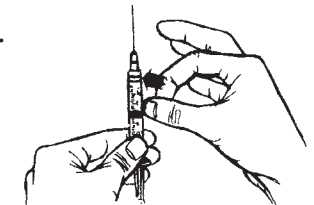
- While holding the body of the ampoule away from you, snap the top off using the thumb and finger of the other hand.



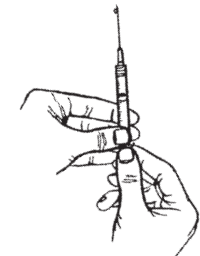
- Insert needle into the ampoule at a 45 degree angle and withdraw.



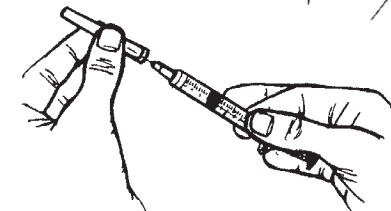
- Turn syringe with needle upright. "Flick" syringe to remove air bubbles.



- Adjust plunger to prescribed dosage level on syringe.

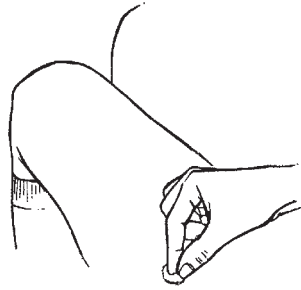


- Withdraw needle and replace the needle cover.



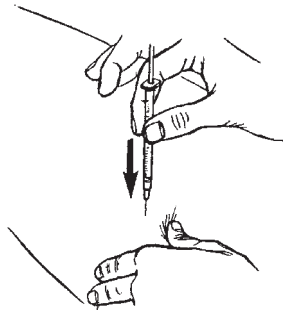
Cleaning the Injection Site:

- Wipe the site with a clean alcohol swab.
- Place the swab on a clean surface to use again later, when you are withdrawing the needle.



Intramuscular (IM) Self-Injection Technique:

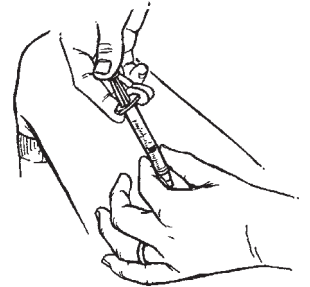
- Remove needle cover. Hold syringe with the needle up and push plunger just slightly so that a drop of liquid can be seen at the needle.
- Pinch leg tissue with non-dominant hand.
- Hold syringe in dominant hand as if holding a pencil 1 inch above the injection site at a 90 degree angle to skin. Dart the needle through the skin into the muscle.



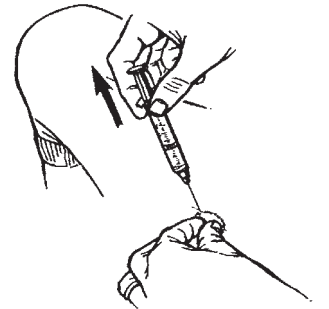
- Use your non-dominant hand to hold the syringe steady, using other hand to pull back slightly on the plunger. If you see blood flow back into the syringe, withdraw needle, discard and start over.



- If no blood appears, slowly push down on the plunger to inject medication.



- Put alcohol swab on skin near needle and quickly pull needle out. Slight bleeding from the site is not uncommon and usually means you have broken a small blood vessel under the skin. Apply gentle pressure for 5 minutes.



Clean Up:

Place used drug containers, syringes and needles in a resealable container from the pharmacy. Check with your pharmacist for specific disposal instructions.

Record:

After each injection:

- record the date
- site of injection
- medication dosage

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