

Important

Use a new syringe and a new needle for every injection.

Take care to dispose safely of all of the items used.

Further tips for the injection

Reduction of the puncture pain

- Before the injection, treat the site of injection with ice or with an anaesthetising ointment in order to make the skin insensitive.
- Some women experience less puncture pain if they carry out a subcutaneous injection in the region of the abdomen. Others find it pleasanter in the thigh. Change the site of injection until you have found the best spot.
- A swelling or reddening may occur and the site of injection may feel sensitive. These symptoms should disappear of their own accord.

Directions for the safe preparation of injection solutions and their subcutaneous administration

For your own safety you should read these directions carefully before use. If you have any questions, please contact the doctor who is treating you.

FERRING Arzneimittel GmbH
Wittland 11, 24109 Kiel
Tel.: 04 31-58 52-0
Fax: 04 31-58 52-74
www.ferring.de



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1 Medicine and materials

Please ensure that all of these items are present on a clean and dry work surface:

Dry substance and solvent



- Vial(s) containing dry substance

- Ampoule containing solvent



Syringe and cannula



- Standard syringe

- Long, thick needle (size: 21G, enclosed with the syringe) for the preparation of the injection solution



- Fine needle (size: 27G) for the injection

In addition, the enclosed alcohol swab will be needed to disinfect the skin.

2 Preparation of the injection solution

- Wash your hands thoroughly
- Remove the blue plastic cap from the vial. Do not touch the membrane to be pierced – it must remain sterile.
- Take the syringe and the enclosed needle out of the packaging. Be careful not to touch the upper part of the syringe with the opening. When taking out the needle (size: 21G) the protective sheath must not be removed from the needle so that it remains sterile. Mount the needle on the syringe. Hold the needle at the base – do not touch the shaft of the needle – so that the needle remains sterile.
- Break off the upper part of the ampoule with the solvent as follows (use a swab/handkerchief – there is a risk of cutting yourself): make sure that the entire solution is in the lower part of the ampoule by tapping the ampoule gently. The ampoule has a small, coloured dot that should point towards you. Place your thumb on the dot and break off the upper part of the ampoule by pressing it away from you.
- Remove the protective sheath from the needle. Avoid touching the needle so that it remains sterile.
- Introduce the needle into the ampoule with the solvent and draw the total content of the ampoule into the syringe by pulling the piston of the syringe upwards.
- Inject the solvent into the vial by piercing the needle through the rubber cap and then pressing the piston of the syringe downwards. The dry substance dissolves on gentle swirling of the vial.
- Withdraw the solution thus prepared out of the vial into the syringe.



3 Injection of the medicine

Preparation

- Remove the needle (size: 21G) and mount the finer needle (size: 27G) with the protective sheath. Remove the protective sheath.
- Remove any air bubbles from the syringe by holding the syringe vertical with the needle pointing upwards, tap the syringe gently and remove the air from the syringe by gently applying pressure to the piston. A small drop of the solution should appear at the tip of the needle.
- The syringe is now ready for the injection. The needle must not be touched or come into contact with other objects, otherwise the needle must be changed.

Injection

- Decide where you want to make the injection. Choose a site left or right below the navel or on the thigh. Make sure to choose a different site for each injection.
- Disinfect the skin with the enclosed alcohol swab. It takes about 30 seconds to take effect.
- Raise a fold of skin between two fingers. Hold the syringe with the other hand, as if you are holding a pencil.
- Apply the needle at an angle of 90° and thrust it about 1 cm deep into the skin.
- Check the correct position of the needle by slightly withdrawing the piston of the syringe: blood must not be drawn up into the syringe (otherwise the needle and the site of injection must be changed).
- Inject the content of the syringe by pressing the piston quite slowly downwards.
- When the syringe is empty, withdraw the needle again from the skin. Wipe the injection site by briefly pressing a dry swab against it.
- Discard the needles by putting them into a **pierce-proof container** after use!

