

How to give an emergency injection of Hydrocortisone (Solu-Cortef)



Your injection kit includes:

- 1 x Hydrocortisone 100mg ampule
- 1 x water for injection
- 1 x green needle
- 1 x blue needle
- 1x 5 ml syringe

You will need to add

- 1 x tissue
- 1 x sticky plaster (optional)



1
Open the needle and syringe by pushing them through the paper



2
Firmly push the green needle on to the syringe



3
Flip the top off the Hydrocortisone vial



4
Untwist the cap from the plastic Water for injection ampule



5
Remove the guard from the needle and draw 2 mls of water into the syringe



6
Inject the water into the Hydrocortisone vial through the centre of the rubber cap. Shake gently to mix



7
Holding the Hydrocortisone vial vertically bring the needle point to just below the surface of the liquid.

Draw the mixed solution into the syringe then remove the vial from the needle

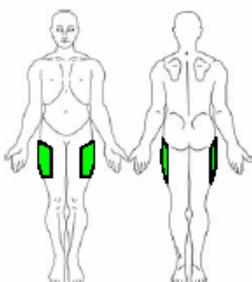


8
Holding the syringe at eye level tap gently to get any air bubbles to the top.

Gently push the plunger up until a bubble of fluid is seen at the tip of the needle



9
Push the pink or orange needle guard into place and change to the blue needle. The injection is now ready



The best site to inject is into the thigh as shown.

1. Hold the muscle steady with your free hand.
2. Hold the syringe like a dart and plan to inject at 90° (right angles)
3. Push the needle into the skin – you may feel some resistance. This is normal. If necessary you can now use your free hand to hold the syringe while you push the plunger.
4. Push all the contents of the syringes in over about 10 seconds. Remove the needle quickly and put some pressure on the injection site with the tissue to stop any bleeding. Push the needle guard in place.