

Giving Your Child Shots (Subcutaneous Injections)

Your child's medication is:

What supplies do I need?

What do I do before I start?

Wash your hands



Wash hands thoroughly with soap and water, or use an alcohol-based gel such as Purell.

Every time you set up for an injection, use a clean work area for laying out your supplies. Wash the area using soap and water or a bleach and water solution (1 part bleach to 10 parts water), or lay down a clean towel to make a clean area.

After giving the injection, watch the location where you gave the injection for:

- A lump or bruise that doesn't go away
- Constant redness, heat or pain

Call your Home Care Services nurse or your doctor if any of these problems occur.

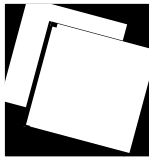
Opened vials of medicine must be stored in the refrigerator and thrown away after _____ days.

When you receive your supplies from Children's Hospital Home Care Services (Home Care Services), check the medicine vials or prepared syringes to make sure that the medicine and dose are correct. Check the date the medicine expires. Call us if you have any questions.



Syringe

Needle only



Alcohol wipes



Vial of diluent



Vial of medicine



Needle disposal container



Band-Aid

Continued

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Procedure:

- Gather the supplies, wash your hands and open the syringe package and alcohol wipes onto a clean surface.
- To open the medicine vial for the first time, flip off the plastic top and throw it away.
- Prepare the medicine, if needed, as instructed on the medicine label.

Additional instructions:

- Clean the top of the vial with an alcohol wipe. Draw up _____ mL of air into a _____ mL syringe, and inject air into the medicine vial.
- With the needle still in the vial, turn it upside down and draw _____ mL of the medicine into the syringe. Get rid of any bubbles by tapping gently on the syringe until the air rises to the top and then gently pushing the air back into the medicine vial. If you don't have quite a full dose now, gently draw back the plunger to pull in more medicine.
- Choose the injection site, making sure to change sites each time you give your child a shot. Clean the skin with an alcohol swab using a circular motion. Allow the skin to air-dry.

- Hold the medicine syringe in the hand you normally use, like you would hold a pencil. With your other hand, "pinch an inch" of the cleaned skin.
- Insert the needle at a 45- to 90-degree angle to the skin, and slowly inject the medicine.
- Release the "pinch" after the medicine is all in.
- Take the needle out of the skin, and dispose of the **whole syringe** immediately in the container provided. **There is no need to put the plastic cap on the needle.**
- If you need to, place a Band-Aid on the injection site.
- Gather all the small plastic pieces, and throw them away to prevent a choking hazard to your children or pets.
- Write down what site you used for this injection. If you use the same site too often, you could cause an enlarged hard area or a sunken-in area to develop on your child's skin. Be sure you give the next injection at least an inch away from the last injection site. If you need help with planning site rotation, please call the Home Care Services nurse during regular business hours.

FOR MORE INFORMATION

- Home Care Services, (425) 482-4000
- Your Child's Health Care Provider

Children's will make this information available in alternate formats upon request. Please call Marketing Communications at (206) 987-5205.

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health care provider.

