
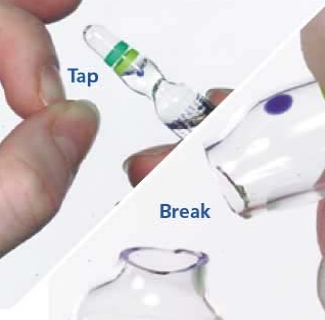





Addison's Disease Self Help Group

How to give an emergency injection of Efcortisol®

 <p style="text-align: center;">Syringe Needle Efcortisol®</p>	<p>1) The quickest way to open the syringe and needle is to push through the paper</p>	 <p style="text-align: center;">Tap Break</p>	<p>2) Tap the Efcortisol® ampoule to remove liquid from the top, the "dot" is where to break it open</p>
 <p style="text-align: center;">Remove shield</p>	<p>3) Push firmly to attach the needle to the syringe and carefully remove the shield</p>		<p>4) Hold the ampoule with your non-dominant hand and draw up with other</p>
	<p>5) Hold the syringe at eye level, check for bubbles by gently tapping the barrel. Expel any air by pressing the plunger until a drop of liquid forms at the top of the needle</p>		<p>6) Ideally the injection should not be through a layer of clothing so it is advisable to bare the skin of the target site. The best site is in to the middle third of the outside of the thigh for this intramuscular injection</p> <p>If giving yourself the injection, you need to inject yourself on the same side. e.g. right hand, right thigh</p>
	<p>7) Stretch the skin slightly with your non-dominant hand; hold the syringe like a dart in your dominant hand. Insert the needle swiftly and firmly and at an angle of 90 degrees.</p> <p>Push the needle in completely. Depress the plunger steadily until it is empty. Quickly and swiftly remove the needle and apply a swab or tissue until bleeding stops.</p>		
<p style="text-align: center;">Please remember to dispose of the needle carefully.</p>			