










## Addison's Disease Self Help Group

### How to give an emergency injection of Solu-cortef® (hydrocortisone sodium succinate)

	<p><b>1)</b> The quickest way to open the syringe and needle is to push through the paper</p> <p>Screw the needle (still in its guard) onto the end of the syringe</p>		<p><b>2)</b> Flip off the top of the hydrocortisone vial</p> <p>Tap the top of water ampoule to remove liquid from the top</p> <p>Snap off the top (the "dot" indicates where it will snap most easily)</p>
	<p><b>3)</b> Remove the guard from the needle and draw up the water from the ampoule into the syringe</p>		<p><b>4)</b> Inject the water through the rubber bung into the hydrocortisone vial</p> <p>Mix well by gently shaking</p>
	<p><b>5)</b> Keeping the point of the needle through the rubber bung but below the surface of the liquid.</p> <p>Draw up reconstituted hydrocortisone into the syringe.</p>		<p><b>6)</b> Hold the syringe upright at eye level, as shown and tap to get any air bubbles to the top</p> <p>Expel any air by gently pushing up the plunger until a drop of liquid forms at the top of the needle.</p>
	<p><b>7)</b> The best site is the outer part of the middle third of the thigh for this intramuscular injection. Stretch the skin slightly with your non-dominant hand; hold the syringe like a dart with your dominant hand and insert the needle at 90° (right angles).</p> <p>Push the needle in completely. Depress the plunger of syringe gently but firmly until all the contents of the syringe are injected. Quickly remove the needle and apply a swab or tissue until bleeding stops.</p>		
<p>Please remember to dispose of the needle carefully.</p>			