










Addison's Disease Self Help Group

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

	<p>1) 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>2) 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>3) Remove the guard from the needle and draw up the water from the ampoule into the syringe</p>		<p>4) Inject the water through the rubber bung into the hydrocortisone vial</p> <p>Mix well by gently shaking</p>
	<p>5) 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>6) 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>7) 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>			