



Giving an injection

A step-by-step guide



Patient Safety

patientinformation

Giving an injection: A step-by-step guide

Information for patients, families and carers

The following information gives you a step-by-step guide on how to give yourself an injection.

The injection is given into the fat layer between the skin and muscle to deliver a certain amount of medicine.

The injection will be given to prevent blood clots from developing or as a treatment if you have a blood clot. (see information leaflet on blood clots).

After being given a demonstration and education, this type of injection can be given by either a Nurse, a Doctor, a patient, a carer or family member.

Directions on how to administer an injection

- Make sure you have all the items you will need easily available: Injection and sharps bin (which will be given to you whilst you are in hospital)
- Wash hands with warm soapy water before giving the injection and dry with a clean towel
- Do not use the same site for injections each time
- Rotate your injection sites around the stomach either side of 1 inch below your belly button. If you are unable to administer in to your stomach for medical/surgical reasons, you can inject into your thighs (your nurse will discuss this with you)
- Remove the needle cap
- Pinch a 2 inch fold of skin between your thumb and index finger

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- Hold the syringe the way you would a pencil or dart. Insert the needle at a 90 degree angle to the pinched up skin. The needle should be completely covered by skin
- Slowly push the syringe plunger and administer your injection
- Leave the needle in for a few seconds then slowly remove the needle and syringe
- Immediately put the syringe and needle into the disposal container

After the Injection

You may experience a slight stinging sensation, bruising and some bleeding after having the injection around the injection site. The stinging and bleeding should stop after a few minutes.

If you have any concerns please contact the ward you have been discharged from for further advice.

Your doctor or nurse will give you details on when to stop treatment, or when this needs to be reviewed.

Date commenced:

Date stopped:

Date of follow-up:

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Disposing of the sharps bin

The sharps bin with the used injections can be disposed of in the following ways:

- Take it to your local pharmacy/chemist
- Return it to Rotherham Hospital
- Contact number for it to be collected is 01709 823130

Ward Number

Discharging Nurse/Doctor

If you have any concerns, please talk with the Nurse before discharge or contact the ward you have been discharged from for further advice.

How to contact us

Switchboard

Telephone 01709 820000

Useful contact numbers

NHS Direct

Telephone 0845 4647

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

Patient Services

Telephone 01709 424461

A&E

Telephone 01709 424455

For GP out of hours, contact your surgery

Useful websites

www.nhs.uk

www.direct.gov.uk

www.therotherhamft.nhs.uk

We value your comments

If you have any comments or concerns about the care we have provided please let us know, or alternatively you can write to:

Patient Services

The Rotherham NHS Foundation Trust

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

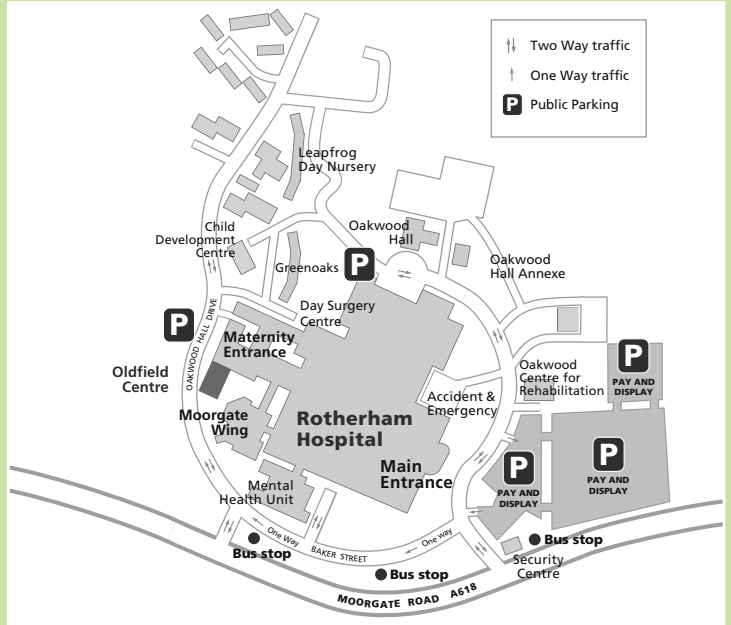
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Telephone 01709 424461

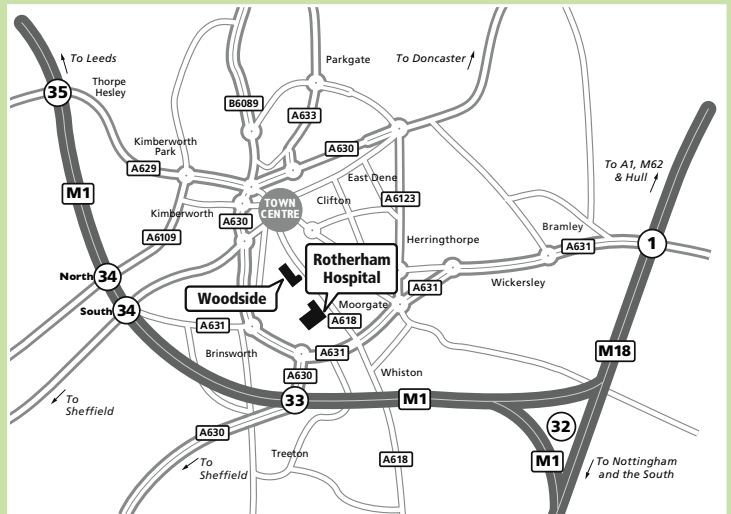
Email complaints@rothgen.nhs.uk

How to find us

Hospital site plan



Rotherham main routes





LS 632 11/12 V2 WFO



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