



Administering B12 injection



This instruction leaflet is for patients who have discussed their individual situation with us, and it has been agreed to continue B12 injections through self-administration. This will only take place once the patient has received the correct training on how to self-administer.

Equipment required

- 3ml syringe, green needle, blue needle, cotton wool, B12 ampoule, sharps box



B12 ampoules and sharps boxes are available via prescription, needles, syringes and cotton wool should be procured yourself.

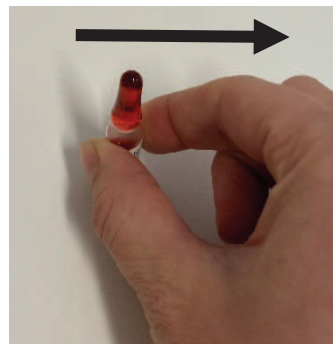
Procedure

1: Wash your hands thoroughly

2: Open the packets for the green needle and the syringe. Attach the needle to the syringe without touching the ends that will connect, place this to one side.



3: All the red fluid needs to be in the bottom part of the ampoule, the easiest way to do this is to place the ampoule on a surface and use a swiping action.



4: Find the spot on the ampoule and face it forwards. Using a tissue or the packet from the green needle over the spot snap the top off backwards.



5: Discard the top of the ampoule in sharps box

6: Remove the cap to the green needle and insert into the ampoule. Pull the plunger up to draw up all the red fluid.



7: Discard the empty ampoule in the sharps box

8. Close the sharps safe device by pushing the pink cap to cover the needle.



9. Twist the covered green needle off the syringe and place this in the sharps box.



10. Attach the blue needle without letting the tip of the syringe or the connecting part of the blue needle touch anything else.

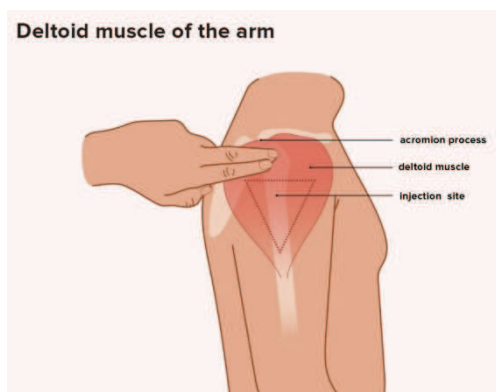


11. Hold upright, and gently push out any remaining air. You should have 1ml in the syringe. The injection is now ready.

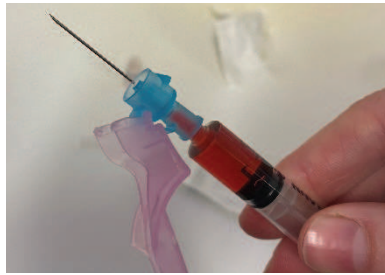


Giving the injection

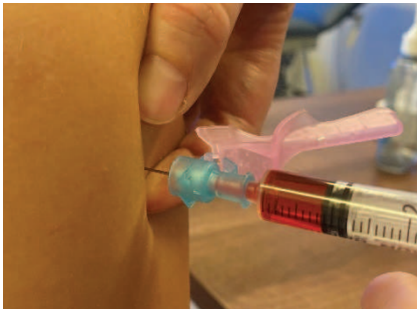
12. Expose the top of the arm (or the outer part of the thigh if preferred) where the injection will be given. Try to alternate injection sites each time an injection is given.



13: Remove the needle cover



14: Push the needle in to the skin, around $\frac{3}{4}$ needle should be inserted. Slowly press the plunger to administer the medication until the syringe is empty.



15: Pull the needle out, close the pink cover and place the needle and syringe into the sharps box.

16: Should it be necessary, use cotton wool to apply pressure at the injection site and cover with a plaster if needed.