



Patient & Family Guide

2024

Hydrocortisone Injection



www.nshealth.ca

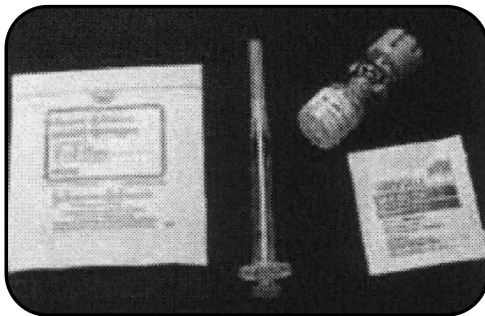
Hydrocortisone Injection

- Your prescription should have:
 - › Solu-Cortef® 100 mg IM (1 dose)
 - › 3 ml syringe
 - › 2 x 22-gauge needles
 - › 2 alcohol swabs
 - › 2 x 2-inch gauze pads
- Always keep your medication in a safe place away from children and pets.
- **Do not** let anyone else use your medication.

Instructions

Make sure to read the instructions below **before** you start the injection. If you have any questions, ask your primary health care provider (family doctor or nurse practitioner) or call 811 to talk with a registered nurse 24/7.

1. Get out the supplies you will need.



2. Wash your hands.

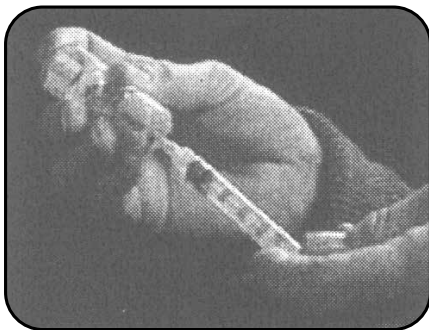
3. Push down on the top of the bottle to release the cork.



4. Shake the bottle to mix the medication well.



5. Use an alcohol swab to clean the rubber stopper on the bottle.
6. Take the cap off of the syringe and put the needle into the bottle.



7. Fill the syringe with medication by slowly pulling back on the plunger. **Use all of the medication in the bottle.**



8. Put the cap back on the syringe.
9. Choose a safe place to do your injection:
 - › Look at your bare thigh.
 - › You will be injecting the medication into the middle part of your outer thigh.
 - › Imagine that the outer side of your thigh is divided into 3 equal parts, from your knee to your hip. Choose a spot in the middle part for your injection site.



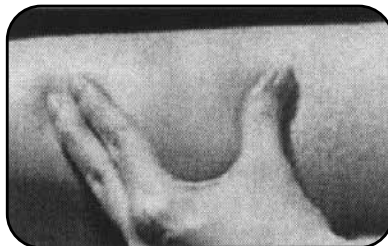
10. Use the alcohol swab to clean your skin at the injection site.



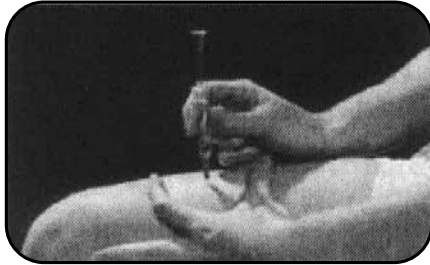
11. Take the cap off of the syringe. Hold the syringe between your thumb and your first finger (like a dart or a pencil).



12. Use your thumb and first 2 fingers to spread the skin at the injection site while pushing down tightly.



13. Hold the syringe straight up and down (at a 90 degree angle to your thigh). Quickly inject the syringe into your skin.



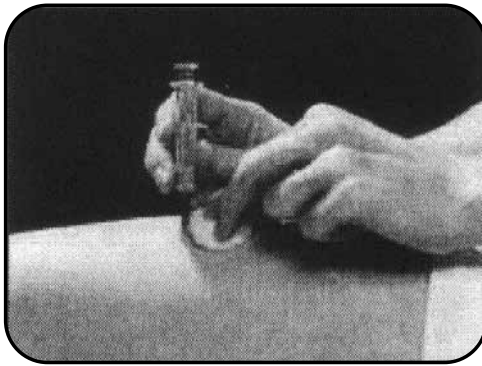
14. Hold the syringe in place. Pull back the plunger and check to make sure you are not injecting the syringe into a large blood vessel.

- › **If you see blood in the syringe**, take out the syringe and throw it away safely (see step 17).



- › **If this is the only dose of medication you have**, replace the needle on the syringe and use the same syringe (that already contains the medication) with the new needle.
- › **If you have another dose of medication**, get another syringe ready and inject yourself in a slightly different place.

15. After injecting the medication, put gauze near the needle and pull the needle out quickly.



16. Massage the injection site gently.

17. Ask your primary health care provider or your pharmacist how to throw away needles and syringes safely.

After the injection, it is important to go to the nearest Emergency Department right away.

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

Prepared by: Endocrinology Clinic, VG site, QE II
Designed by: Nova Scotia Health Library Services

WK85-0222 © February 2024 Nova Scotia Health Authority
The information in this pamphlet is to be updated every 3 years or as needed.