



Patient & Family Guide
2021

Hydrocortisone Injection



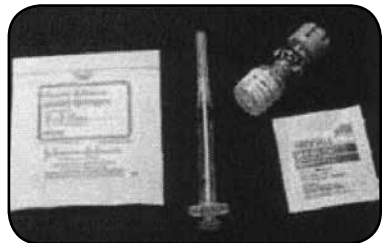
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Hydrocortisone Injection

- Your prescription should have:
 - › Solu-Cortef® 100 mg IM x 1 dose
 - › 3 ml syringe
 - › 1 alcohol swab
 - › 22 gauge needle
 - › 2 x 2 gauze pad
- Always store your medication in a safe place, away from children.
- Do not let anyone else use your medication.

Before injecting yourself at home, be sure that you understand these directions. Ask your health care provider any questions you may have.

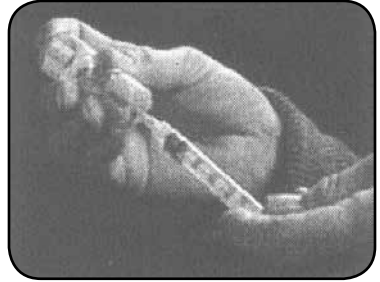
1. Wash your hands.
2. Gather your equipment.
3. Mix the medication vial by pushing down on top of the vial to release the cork.



4. Shake the vial to mix the medication solution well.



5. Use rubbing alcohol to clean the rubber stopper on the vial.
6. Take the cap off the syringe needle and put the needle into the vial.



7. Draw up the medication. Use all of the medication in the vial.
8. Put the needle cap back on.



9. Choose a safe site for your injection. Look at your thigh with no clothing covering it.



Draw an imaginary line down the middle of your thigh, starting at your knee and moving towards your hip. The outer part of your thigh is where you will be injecting the medication.

Now, imagine your thigh is divided into 3 equal parts, from the knee to the hip. Choose a spot on the outer side of the middle section of your thigh for the injection.

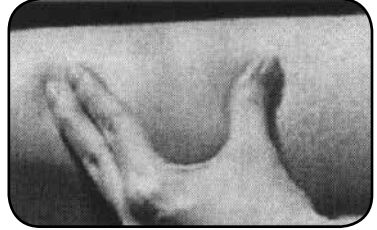
10. Use the alcohol swab to clean the injection site on your skin.



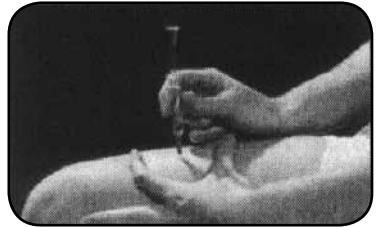
11. Take the cap off the needle. Hold the syringe like a dart.



12. Using your thumb and first 2 fingers, spread your skin while pushing down tightly.



13. Dart (stab quickly) the needle into the thigh injection site, going straight in at a 90 degree angle to your thigh.



14. Hold the syringe in place. Pull back the plunger to make sure you are not injecting into a large blood vessel. If blood appears in the syringe, take out the syringe and throw it away safely (see step 17).



But, if this is the only dose of medication you have, inject the medication anyway. Get another syringe ready with medication and inject yourself in a slightly different place.

15. After injecting the medication, place tissue or gauze near the needle, and pull the needle out quickly.



16. Massage the injection site gently.

17. Put the syringe and needle in a hard, unbreakable container (such as an empty coffee can with a lid) before throwing it away.

18. After injection, it is important to call your primary health care provider or go to the nearest Emergency Department.

