

Ivy Grove Surgery - Administering B12 injection

This instruction leaflet is only for those patients of Ivy Grove Surgery who have discussed their individual situation with us and where we have agreed to continue B12 injections through self-administration only

Equipment required

3ml syringe, green needle, blue needle



B12 ampoule, cotton wool, sharps box



Procedure

1. Wash your hands thoroughly
2. Attach green needle to syringe without touching the ends that will connect



3. Shake or tap all the red fluid into the bottom part of the ampoule



4. Find the red spot on the ampoule and use a tissue to hold ampoule with that facing forward. 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 and then pull the plunger up to draw up all the red fluid



7. Discard the bottom of the empty ampoule in the sharps box

8. Hold the syringe with the green needle at the top and tap syringe so all the fluid is at the bottom



9. Push up the plunger to expel almost all the air

10. Remove the green needle and discard into the sharps box

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

12. Hold upright, again with the blue needle at the top and gently push out any remaining air



13. The injection is now ready to be given

Giving the injection

14. Expose the top of the arm or the outer part of the thigh where the injection will be given

15. Remove the needle cover

16. Gently push the needle into the skin until it won't go any further



17. Push the plunger slowly down until the syringe is empty

18. Pull the whole thing out and discard straight into the sharps box

19. Cover or dab with cotton wool if necessary

20. That's it. There's no step 20