

## How to give an emergency injection of **Solu-Cortef**



**1.** Lay out the Vanishpoint syringe, Solu-Cortef bottle, glass/plastic vial of water, plus Amp Snap for a glass water vial. Peel open the end of the sterile wrapper.



**2.** Lift off the yellow plastic seal on the Solu-Cortef bottle and open the water vial. For a glass vial, tap the top to remove any liquid before opening and use an Amp Snap to hold the top, if you have one.

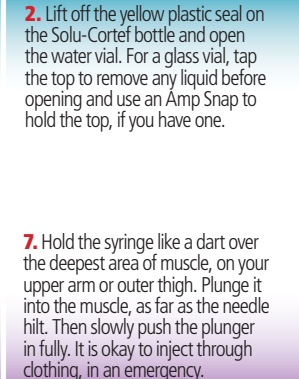


**3.** Uncap the syringe, put the needle in the water vial and draw up the liquid by slowing pulling back the orange plunger.

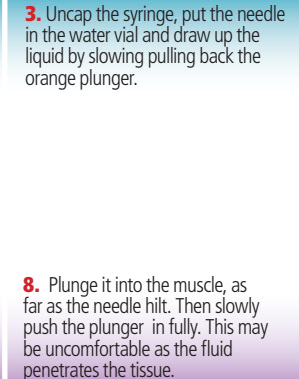


**4.** Insert the needle into the rubber stopper on the Solu-Cortef bottle and slowly depress the plunger to release the water. Leave an air gap inside the syringe - do not fully depress the plunger. Gently agitate to dissolve the powder and mix thoroughly.

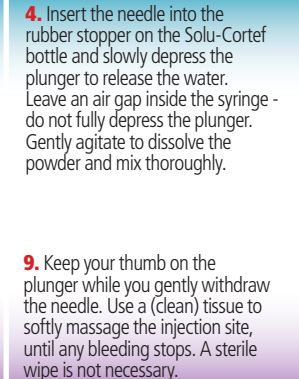
**6.** Hold the syringe up at eye level, tap the side to loosen any air bubbles, then remove any air by squeezing the plunger until a drop of liquid forms at the top of the needle.



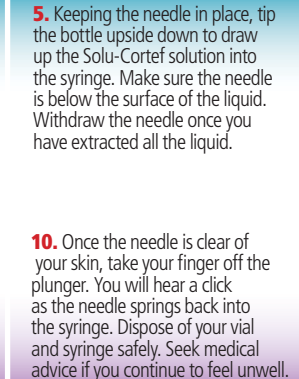
**7.** Hold the syringe like a dart over the deepest area of muscle, on your upper arm or outer thigh. Plunge it into the muscle, as far as the needle hilt. Then slowly push the plunger in fully. It is okay to inject through clothing, in an emergency.



**8.** Plunge it into the muscle, as far as the needle hilt. Then slowly push the plunger in fully. This may be uncomfortable as the fluid penetrates the tissue.



**9.** Keep your thumb on the plunger while you gently withdraw the needle. Use a (clean) tissue to softly massage the injection site, until any bleeding stops. A sterile wipe is not necessary.



**10.** Once the needle is clear of your skin, take your finger off the plunger. You will hear a click as the needle springs back into the syringe. Dispose of your vial and syringe safely. Seek medical advice if you continue to feel unwell.



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See [www.addisons.org.uk/emergency](http://www.addisons.org.uk/emergency) for more information.