Hydrocortisone Injection
How to give an injection of hydrocortisone

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 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. Adults should use all the medication in the vial. For a child, use the dose prescribed by the doctor.

8. Put the needle cap back on.

9. Choose the site for your injection. To inject yourself safely, get familiar with your body. Uncover your thigh and look at it. Draw an imaginary line, starting at your knee and moving toward your hip, in the middle of your thigh to divide it in half. The outer part of your thigh is where you will be injecting the medicine.

Now, imagine your thigh divided into 3 equal parts, from the knee to the hip. The outer part of the middle third of your thigh is where you will do 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 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 discard it (see step 17). However, 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. Call your family doctor or go to the nearest Emergency Department.
Your prescription should have:

- Solu-cortef 100 mg IM x 1 dose
- 3 mL syringe
- 1 alcohol swab
- a 22 gauge needle
- a 2 x 2 gauze pad

If you have any questions, please ask.
We are here to help you.

Notes:
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