

WELLNESS RESOURCE MEDICAL CLINIC
ALLERGY AND ENVIRONMENTAL MEDICINE

HOW TO GIVE AN INJECTION

1. Keep allergen vial refrigerated (leaving the vial at room temperature for a period is also OK).
2. Rotate bottle for mixing of allergens before injecting.
3. Make sure you have proper vial, clean top of vial with AQ: Zephrian 1:750, or hydrogen peroxide (rubbing alcohol is discouraged because of sensitivities)
4. Draw .50 (½ cc) of allergen into the U100 1/2cc insulin syringe using sterile technique (the needle of the syringe must always be kept below the level of the vaccine).
5. Make sure all large air bubbles are forced out of the syringe.
6. Choose an area of redundant skin (such as the upper lateral thighs, buttocks, hips, upper outer arms or abdomen). Cleanse the injection site.
7. To decrease sensitivity upon injecting allow the vaccine to come to room temperature before administering.
8. Next, inject the vaccine into the tissues by pressing the plunger into the end of the syringe. This should take approximately 3 seconds.
9. Withdraw the needle and with the Zephrian cotton ball exert pressure for a few seconds over the injection site.
10. Fill out your injection record.

HOW TO USE THE INJECT-EASE

1. You must use BD Lo Dose or Monojet Insulin syringes. Drop syringe in and push latch over to lock in place.
2. Press button on side. Remove needle cap. Pull latch up to click.
3. Rotate on skin. Push button and then depress plunger. Withdraw the needle and apply pressure to site with Zephrian pad.
4. To remove syringe from Inject-Ease, pull latch up and back and carefully remove syringe.

NOTE: Reactions to shots are uncommon. If the area of the injection becomes red, raised or swollen, notify our office for further instructions.

Use a new syringe for each injection.

SAVE THE USED SYRINGES, RECAP NEEDLE, AND PLACE IN A HOUSEHOLD, PLASTIC CONTAINER (PREFERABLY NOT A SEE THROUGH CONTAINER). WHEN THE CONTAINER IS FULL, REPLACE THE LID AND THROW AWAY IN YOUR ORDINARY TRASH.