

## Do's and Don'ts

### Do's:

- ☑ Always wash your hands before beginning the procedure.
- ☑ Work in a clean area.
- ☑ Pinch the skin at the injection site before injecting the needle.
- ☑ Rotate the injection sites to prevent complications such as bruises, scars and fatty lumps at the site of injection.

### Don'ts:

- ☒ Do not allow anything to touch the needle before injection; replace it if necessary.
- ☒ Do not inject into areas that are painful or swollen or at the site of any previous surgical scars.
- ☒ Do not massage the area or press it very hard as it can cause excessive bruising.
- ☒ Do not recap the used needle as it might cause accidental needle prick injury.
- ☒ Do not throw used needle into the trash. Always dispose the needle in a puncture resistant container.

## Quick Reference

Contact your nurse/ see doctor if you have any of the following:

- Needle that breaks off in the injection site
- Bleeding at the injection site that does not stop
- Extreme pain
- Discharges from ex-injection site
- Allergic reactions such as fever, chills or shortness of breath etc.

### **NCCS (ATU Telephone Triage) Tel: 6436 8132**

Office Hours: Mon to Fri: 8:30am to 1.00pm,  
2:00pm to 5:00pm.

Sundays, Public Holidays & after office hours, please proceed to *Department of Emergency Medicine, SGH.*

### **NCCS Oncology@CGH Tel: 64267 349**

Office Hours: Mon to Fri: 8:30am to 5pm

Sundays, Public Holidays & after office hours, please proceed to *Accident & Emergency Department, Changi General Hospital.*

### **NCCS Oncology@SKH Tel: 6930 2539**

Office Hours: Mon to Fri: 8:30am to 5pm

Sundays, Public Holidays & after office hours, please proceed to *Emergency Department, Sengkang General Hospital.*

Disclaimer: The National Cancer Centre Singapore does not endorse or promote the use of any product mentioned in this booklet. The information is presented in a summary to provide an understanding and for knowledge only, and may not contain information about all aspects of care. It does not recommend self-management of health problems or replace consultation with your doctor. You should never disregard medical advice or delay seeking treatment because of something you have read in this booklet.

© 2014, 2019 Copyright© National Cancer Centre Singapore

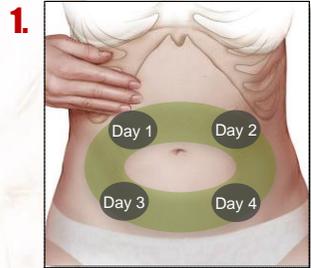
All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission from the publisher.

Document No. NUR-EDU-PEM-022/0115

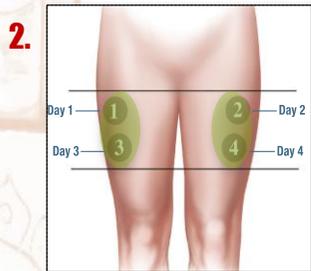
## PATIENT EDUCATION



## Common Injection Sites



1. Most suitable site for injection is the abdomen area, but ensures it is one inch (about 2 fingers) **away** from the belly button.



2. Alternatively, you may consider the outer, upper part of the thigh for injection.



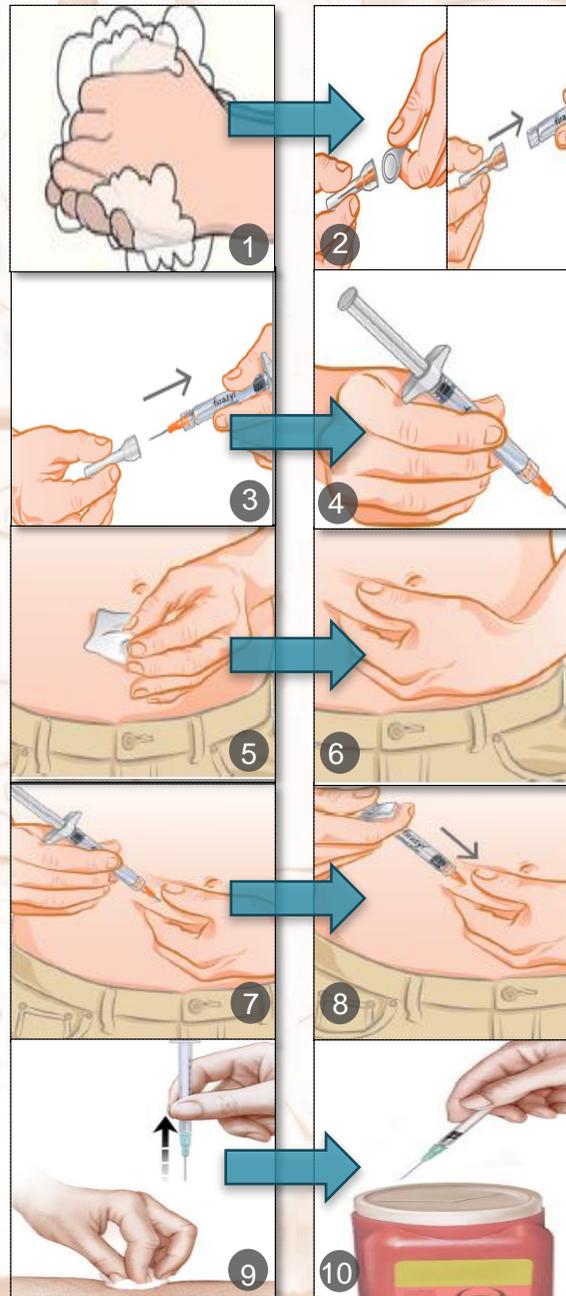
3. Your caregiver may consider the outer side of the upper arm for injection.

### Most Importantly:

Please **rotate** the injection site daily to prevent complications such as bruises, scars and fatty lumps at the site of injection.

**Do not** choose any area that is swollen or painful or with previous surgical scars.

## Steps on Administering the Injection



1. Wash your hands thoroughly with soap and water for at least 15 seconds. Then dry your hands. Alternatively, you may use alcohol-based hand rub to clean your hands.
2. Remove the seal from the needle cap and the syringe before connecting them together firmly.
3. Remove the needle cap carefully to prevent pricking yourself accidentally.
4. Next, hold the syringe like a pencil with your dominant hand.
5. Clean the area to be injected with an alcohol swab; let the alcohol dry before injecting.
6. Pinch the skin around the injection site between the thumb and fingers of the hand that is not holding the syringe.
7. Hold the syringe between a 90-degree angle to your skin. Hold the fold of the skin and quickly insert the needle into the skin fold.
8. Once the needle is fully in, slowly push the plunger in until the syringe is empty.
9. Pull the needle straight out and apply gentle pressure with a piece of gauze. If necessary, apply an adhesive bandage. Do not massage or rub the surrounding area.
10. Do not recap the needle prior to disposal to prevent needle prick injury. Dispose the used syringe into a puncture resistant sharp box. A hard plastic container, such as detergent bottle, or a metal container, such as coffee tin, can be used as a sharp box.