

How to use innohep® prefilled syringe

Sit, stand, or lie in a position so that you can see the skin where you are going to inject yourself. This can comfortably be done standing up or, if you prefer, in a chair/sofa or on the bed. The type of injection you will be giving is known as a subcutaneous injection. The injection goes into a pinched up fatty layer on your abdomen, or on the outer part of your thighs, lower back, or back of upper arm. Keep away from your belly button area, areas with scars, bruised areas, or recent injection sites. Do NOT inject into a muscle or blood vessels. You should inject at the same time every day. Wash and dry your hands and clean the injection site.



1. Remove the syringe from the tube by fully bending back the colored lid on the tube. (Inspect the syringe for damages and defects).



2. Bend the orange safety device down away from the grey cap of the needle. Remove the protective needle cap by turning and pulling straight out, without bending the needle. Avoid touching the sterile needle. There is no need to remove the air bubble from the pre-filled syringe.



3. Pick an injection site. The fatty tissue of the lower abdomen at least 5 cm away from your belly button is a common site for injection. If this area is bruised or you have had surgery see alternative injection sites below.



4. Hold the syringe in your writing-hand like you would hold a pen. With your other hand, make a fold of your skin by gently pinching the area where you are going to inject yourself. Inject slowly and then pull out the needle to half and count to 10 before removing the needle fully.



5. Using a hard surface, bend the orange safety device so it is now pointing in the same direction as the needle (back to its original position). Then with the safety device flat against a hard surface as a table, gently push downwards until the needle clicks into the device.



6. Do NOT use your finger to press the needle into the safety device.



7. Put the used syringe back into the plastic container. Push down on the tube's lid until you hear it click into place. Dispose of the syringe carefully, as instructed by your healthcare professional.



8. Change the place you inject each time and stay at least 3 cm away from your last innohep® injection site. Avoid scar tissue or stretch marks and areas with bruises.



9. Alternative injection sites are, into the outer parts of the thighs, lower back or back of upper arm. The technique is the same as for injecting into the abdomen.

10. If you have any questions or problems, contact your doctor or nurse. Do not stop the medication before contacting a doctor.

