

How to use innohep® prefilled syringe

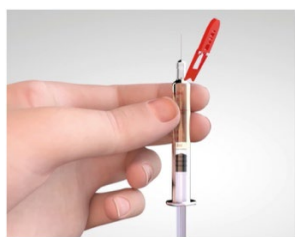
Patient information for those who have been prescribed the medicine innohep®. Read the package leaflet carefully before starting treatment. Sit, lie, or stand in a position so that you can see the skin where you are going to inject yourself. The type of injection you will be giving is known as a subcutaneous injection. The injection goes into a pinched up fatty layer just below the skin as instructed by your doctor or nurse. Keep away from your belly button area and recent used injection sites. Do NOT inject into a muscle or blood vessels. You should inject at the same time every day. Wash your hands before administering the injection.



1. 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. Clean the injection site with alcohol and let dry. If the abdomen is not suitable for injection, see alternative injection sites below.

2. Remove the syringe from the tube by fully bending back the colored lid on the tube. Inspect the syringe to ensure it is not cloudy or contains any precipitates. If so, choose a different syringe.

3. 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.



4. The syringes contain an air bubble that should not be expelled before injection. Adjust the amount in the syringe as necessary to the dose prescribed by your doctor. Any excess amount should be removed by pressing the syringe plunger in a vertical upward direction. Use the graduations on the syringe as a guide.

5. Lift up a fold of skin between your thumb and forefinger. Insert the needle completely, perpendicular to the skin and inject the dose slowly into the subcutaneous fat. Pull the needle halfway out and count to 10. Then pull the needle out all the way.

6. Using a solid 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 solid surface gently push downwards until the needle clicks into the 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. The syringe is now secured and can be discarded. Used, secured syringes can be returned to the hospital or the pharmacy.



8. Please choose a different injection site next time. Alternate between the right and left side.

9. Alternative injection sites are, into the outer parts of the thighs 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.

11. You can also watch an instructional video on how to handle and inject innohep®. Go to www.medicinstruktioner.se or www.fass.se and search for innohep®, or scan the QR code on your mobile or tablet. There are subtitles in several languages.

