Preparation, made visual.

An illustrated reference for people using a prescribed medicine. Follow the instructions that came with your own product.

PRESCRIBED MEDICINES ONLY / FOLLOW THE LEAFLET FOR YOUR PRODUCT

Before you begin.

Use your medicine's leaflet and the instructions from your healthcare professional.

01 Check the medicine

Confirm the name, strength and expiry date against your prescription.

02 Read the leaflet

Check whether your product needs preparation or comes ready to use.

03 Prepare your space

Wash your hands and have the supplies specified in the leaflet ready.

04 Know your instructions

If a step is unclear or a seal is damaged, stop and ask your pharmacist.

THE PREPARATION SEQUENCE

Illustrations show the stages, not a product-specific method.



01 VERIFY

Match the medicine and the prescribed instructions.



02 PREPARE

Use only the supplies and diluent specified for it.



03 FOLLOW

Prepare exactly as directed in the product leaflet.



04 CHECK

Inspect the medicine against the leaflet before use.

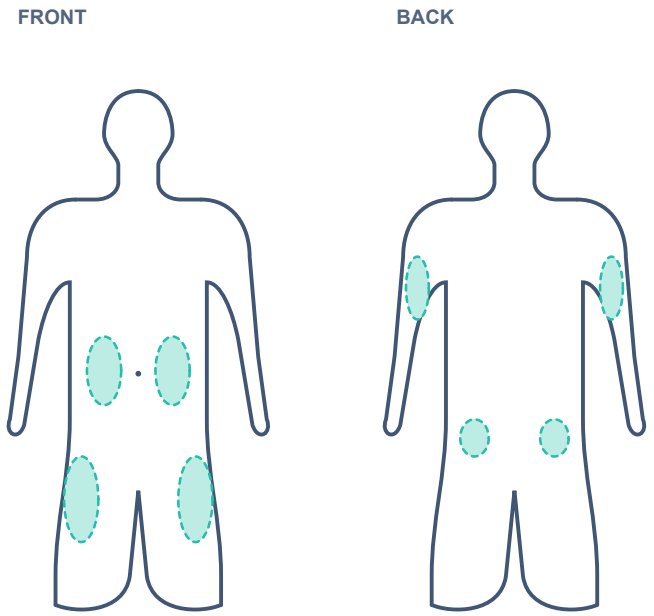
There is no universal mixing recipe.

The diluent, amount, handling and storage vary by product. Do not estimate a dose, concentration or solvent volume. Ask your pharmacist when the supplied instructions are unclear.

THE BODY MAP

Know the areas.

These are common areas for some subcutaneous medicines. Your medicine may allow different sites; check its leaflet and the guidance given to you.



- **UPPER ARM**
  The outer or back portion may be used for some medicines.
- **ABDOMEN**
  Some medicines allow the abdomen. Check areas to avoid.
- **THIGH**
  The front or outer thigh may be suitable for some products.
- **UPPER BUTTOCK**
  Only if your medicine's leaflet and training allow it.

Highlighted areas are illustrative. They are not a prescription or a substitute for training.

Use with care.

01 **Choose as directed**
Only use a site allowed by your product's leaflet. Rotate sites if instructed.

02 **Follow your training**
Use the prescribed dose and device exactly as shown by your healthcare professional.

03 **After use**
Never share or reuse needles. Place used sharps in an appropriate sharps container.

For prescribed medicines only. Do not use this guide to administer research-only materials.

Sources: NHS South Tees / Gateshead Health

STEP-BY-STEP CHECKLIST

A little more detail.

Use this as a reminder alongside your own medicine's leaflet and the training you received.

01

Check the label

Match the medicine, strength and expiry date to your prescription.

02

Gather supplies

Have the items listed in the leaflet and a sharps container ready.

03

Wash your hands

Clean and dry your hands before preparing the medicine.

04

Prepare if needed

If preparation is required, follow the product's exact instructions.

05

Check the medicine

Compare its appearance with the leaflet. Stop if anything is unexpected.

06

Choose a site

Use a permitted site and rotate it if instructed.

07

Clean as directed

Prepare the chosen area as instructed by your healthcare professional.

08

Use your device

Follow the prescribed dose and technique you were taught.

09

Dispose safely

Put used needles straight into a sharps container. Never reuse or share them.

10

Check the site

If you notice an unexpected reaction, ask a healthcare professional for advice.

11

Keep a record

Note the date and site if your healthcare professional recommends it.

12

Store as directed

Follow the product's storage and disposal instructions.

When in doubt, pause.

Do not guess a dose, amount of diluent or needle angle. If the leaflet is missing or the medicine looks unexpected, ask your pharmacist or healthcare professional.

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