

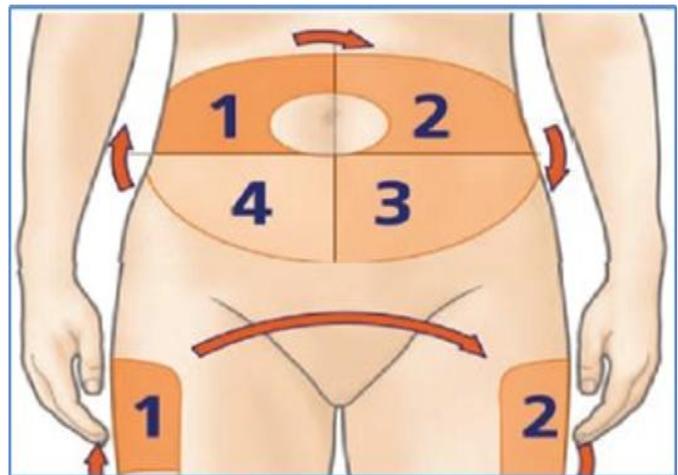
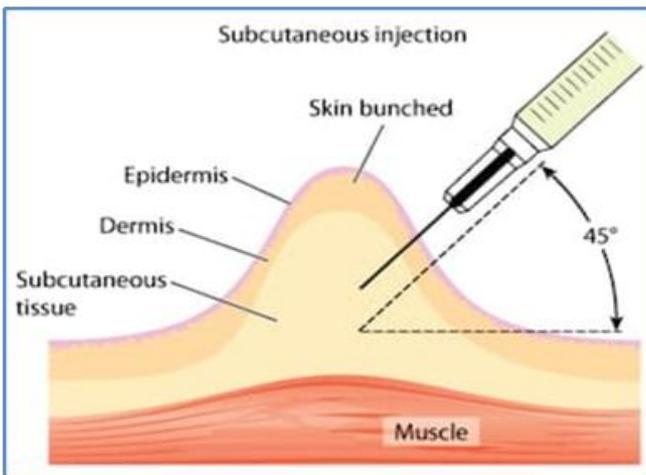


Saint Mary's Managed Clinical Service
Division of Gynaecology

PATIENT INFORMATION LEAFLET

SELF-ADMINISTRATION OF GNRH AGAONIST INJECTIONS @ HOME

We would like you to administer your injection by the subcutaneous route (this is the layer of fat directly below your skin) in your abdomen, just below the belly button (Please see diagrams below - use sites 3 or 4).



If you no longer feel able to self-administer your injection, please get in contact with the nursing team and we can arrange an appointment within our gynaecology clinic where a nurse can administer your injection for you.

Please ensure you have received the necessary equipment, this should include:

- Prostag® injection pack
- Purple topped sharps bin
- Gauze pack
- 1x alcohol wipe for skin preparation

Instructions for administration:

1. Wash hands to ensure cleanliness
2. Confirm all the above items/consumables are available before injection
3. Identify site of injection (abdomen - below the umbilicus)

4. The skin over the site of injection should be visibly clean and normal in appearance. Do not inject if the skin looks red or inflamed.
5. Clean the site of injection thoroughly with soap and water to ensure the area is clean and dry.
6. Sit on a comfortable sofa or chair with the items described previously within reach.
7. Prepare the syringe and keep ready for injection. The needle should not be exposed, and the syringe kept on a clean surface.

How to Use the Prostag Pre Filled Syringe video link:

<https://www.medicines.org.uk/emc/product/4650/video#gref>

8. Expose the site of injection and clean with alcohol wipe and allow to dry (approx. 30 seconds).
9. Remove the guard on the needle and hold the preloaded prepared syringe in the dominant hand. Pinch the skin of the abdomen with the thumb and forefingers of the non-dominant hand. The needle should pierce the skin at a 30 - 45-degree angle in a single purposeful motion until at least half of the needle is past the skin surface.
10. Press the plunger to deliver the entire drug (press until the plunger will not move anymore).
11. Remove the needle with syringe and push on the arrow to cover the needle.
12. Place syringe and needle in sharps bin provided.

After giving injection:

13. Apply pressure over the site of injection for 5 minutes to ensure bleeding has stopped, do not massage the area
14. If necessary, place plaster over site of injection
15. Put away all used disposables in bin bag
16. Wash hands after completing procedure
17. Remove plaster at next shower / bath after soaking it
18. Record date of administration on own phone or in personal diary for their own record
19. Dispose of the sharps box at the local pharmacy

PLEASE CONTACT THE NURSING TEAM IF:

- You have experienced a reaction or possible allergy to Prostag[®] injection
- You have any skin infection or skin lesion over the abdomen
- You have any newly diagnosed medical illness or change to medication/s
- You had a recent hospital admission

Useful Contact Details



Endometriosis nurses: Endometriosis.nurses@mft.nhs.uk



Appointment queries: 0161 276-6000 (please select option 1).



<https://mft.nhs.uk/saint-marys/services/gynaecology/endometriosis/>