



STEP 1

Gather your equipment



STEP 2

Push the stopper with your thumb to engage the powdered medication with the solution in the vial.



STEP 3

Mix the powder and solution, do not shake vial, gently swirl or rock the vial back and forth allowing to mix it completely.



STEP 4

Remove yellow "tab" at the top of the vial.



STEP 5

Wipe top of the vial with an alcohol prep pad.



STEP 6

Open the package and take out the syringe with needle.



STEP 7

Draw air into one third to one half of the syringe. Insert needle/syringe completely through the rubber stopper. Invert the vial and gently insert the air from syringe.



STEP 8

Gently pull back on the plunger of the syringe and remove all of the medication. Place the cap gently back on the syringe and remove any air bubbles by "tapping" the side of the syringe.



STEP 9

Identify an injection site in the middle "third" on the outer portion of your thigh.



STEP 10

Cleanse the site with an alcohol pad prior to injecting.



STEP 11

Hold the site taut, and holding the syringe similar to a dart, push the needle into the muscle at a 90° angle. The needle should be pushed in at least $\frac{3}{4}$ of its length.

STEP 12

Briskly push the plunger in to administer the medication into the muscle. Once injection is complete, withdraw the syringe/needle quickly and apply pressure to the injection site and apply a Band-Aid to the site, if needed.

NOTE: Some patients are afraid of intramuscular injections and may find it easier and less painful to use subcutaneous administration of hydrocortisone. If it is administered this way, it must be split into two doses of 1 mL each. The injections can be given into the lower abdomen or into the upper arm if given by a caregiver. (We have yet to see studies regarding subcutaneous injections for children and infants, so NADF defers from instruction on this mode of dosing at this time.)

EMERGENCY SOLU-CORTEF® INJECTION INSTRUCTION CARD

PREPARED BY:

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