

HOW TO ADMINISTER SOLU-CORTEF® (hydrocortisone sodium succinate for injection, USP) via INTRAMUSCULAR INJECTION using the ACTO-VIAL® System

Introduction

- Education and training are paramount for the proper technique of intramuscular injections
 - This training may be used to prepare a person for self-injection, or to train a caregiver, spouse or other person who may need to inject Solu-Cortef[®] using an Acto-vial[®] during an emergency
- In addition to preparation before an injection is needed, staying calm and focused will help you to successfully administer Solu-Cortef[®] to yourself or your loved one

Reminder: some symptoms of an adrenal crisis may vary slightly by individual, be sure to discuss with your doctor what symptoms you should look for to indicate a risk of a crisis and when you should inject Solu-Cortef[®]

General Preparation

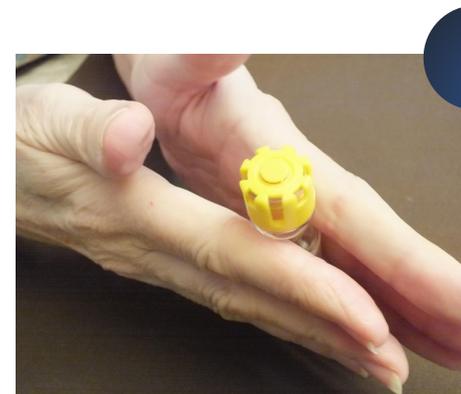
- Wash your hands with soap and water or an alcohol hand sanitizer
- Gather your equipment*
 - Needles (2)
 - Syringe
 - Alcohol pad
 - Bandaid



**NADF recommends that you keep all of these items in an emergency kit along with the 1-page instruction handout version of this presentation*

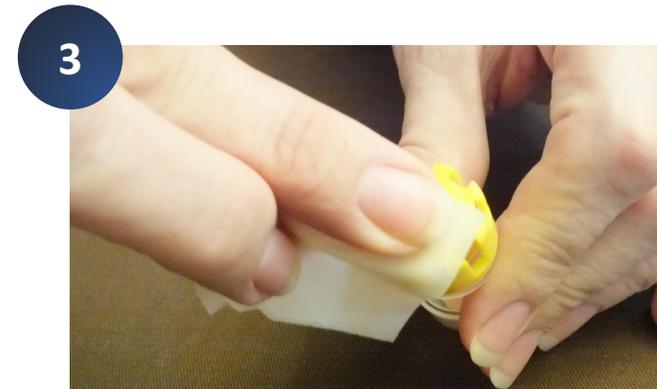
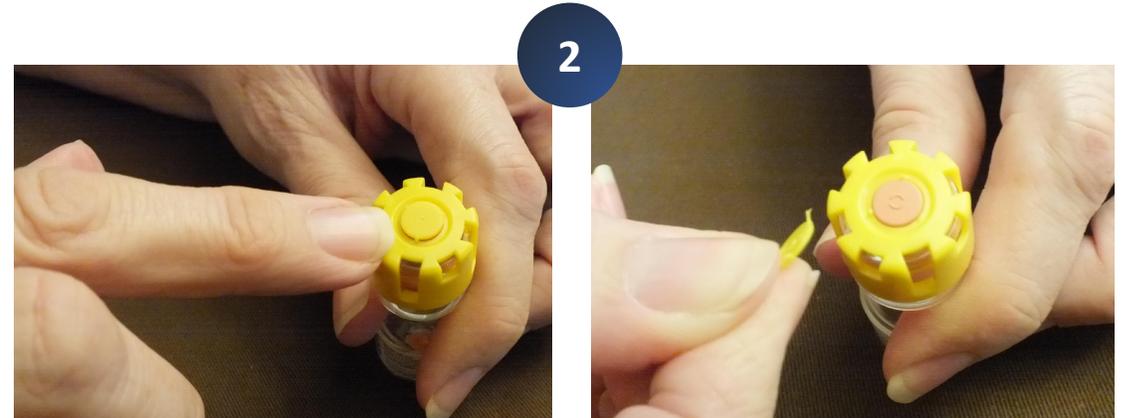
Preparation of ACTO-VIAL[®]

1. Double check expiration date on side of the vial
2. Push the stopper with your thumb to engage the powdered medication with the solution in the vial
3. Mix the power and solution
 - ***DO NOT SHAKE VIAL***
 - Gently “swirl” the vial or rock the vial back and forth to allow it to mix completely



Prepare the Injection

1. Confirm the medication is completely mixed
2. Remove yellow “tab” at the top of the vial
3. Wipe top of the vial with an alcohol prep pad



Prepare Syringe

1. **Open the package and take out the syringe with needle**
 - Your doctor should provide you with guidance about the appropriate needle size and prescribe a needle typically in the range of 22 – 25 gauge, 1 to 1.5 inches in length
2. **Draw air into syringe**
 - Insert needle/syringe completely through the rubber stopper. Invert the vial and and gently insert the air from the syringe



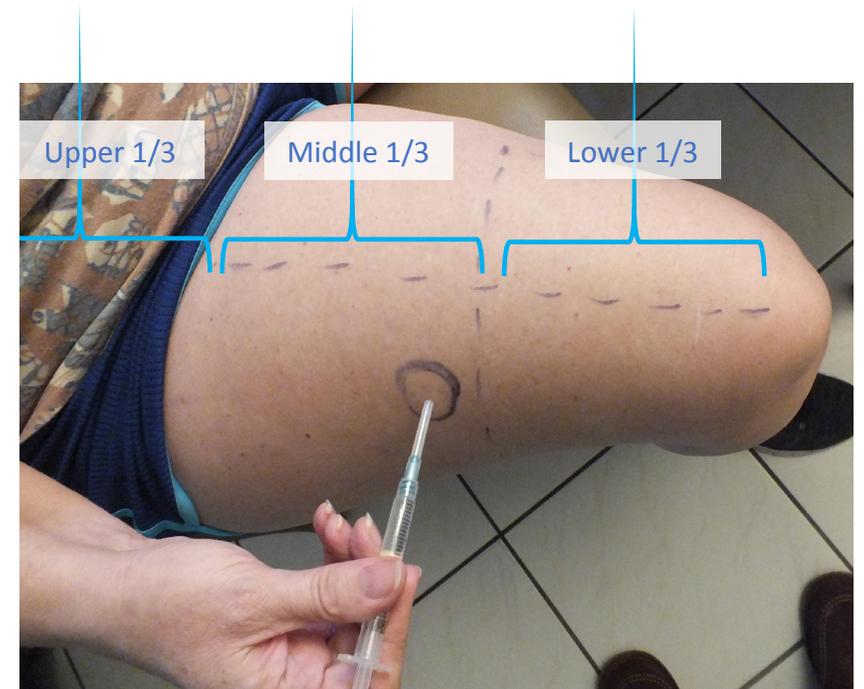
Withdraw the medication

- Gently pull back on the plunger of the syringe and remove all of the medication
- After removal, place the cap gently back on the syringe and remove any air bubbles by “tapping” the side of the syringe
- Preferably replace the needle on the syringe with a new needle



Identify the Injection Site

- It is recommended you identify this site in partnership with your doctor and based upon your unique body shape/size prior to needing an emergency injection
 - Since most people will be able to use the thigh for an injection, NADF has detailed those instructions here
- Visualize your thigh in thirds
 - Use your hands to mark the upper third close to your hips and the lower third just above the knee; marker used in photos for illustrative purposes only
- Identify an injection site in the middle “third” on the outer portion of your thigh



Prepare to Inject

1. Cleanse the site with an alcohol pad prior to injecting
2. Hold the site taut, and holding the syringe similar to a dart, push the needle into the muscle at a 90° angle
 - The injection can be given straight down, or from the side (as pictured)
 - The needle should be pushed in at least $\frac{3}{4}$ of its length



Administer Injection

- With one hand on the syringe, use the other hand to pull back slightly on the plunger to make sure you do not see any blood in the syringe
 - If you DO NOT see any blood, briskly push the plunger in to administer the medication into the muscle
 - If you DO see blood in the syringe,
 - Remove the needle from the thigh and preferably prepare a new syringe and another Acto-vial[®] of Solu-Cortef[®] for use
 - If you do not have a new syringe or second Acto-vial[®] of Solu-Cortef[®]
 - Gently back the needle out slightly, and adjust your angle
 - Push needle back in $\frac{3}{4}$ of the way and pull back slightly
 - If no blood appears, briskly push the plunger in to administer the Solu-Cortef[®]
- 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

Additional Information

- It is common to feel anxious or uneasy when giving or receiving an injection
- Education, training and preparation is key for self administration of an intramuscular injection
- Remember to call your provider or go to the nearest Emergency Room after you have had an injection of Solu-Cortef®