

## Supplies Guide for Hydrocortisone Injection

When patients are prescribed their vial(s) of 100mg hydrocortisone for injection in emergency situations, they may not be offered the supplies necessary to inject with. Below is a guide to help when asking for these supplies.

### Sizes and colours of needles:

- **21g x1.5inches 0.8mm x 40mm: Green for drawing up the solution.**
- **23g x 1inches 0.6mm x 25mm: Blue for administering the injection**

An easy way to remember which is which: **g**reen for **g**lass, **b**lue for **b**ody

### These are needed for:

1. Hydrocortisone Sodium Phosphate 100mg/ml 5 ampoule pack by Advanz (ex Efcortisol). Advise you have minimum of two ampoules of medication
2. Solu-Cortef (Pfizer) – powder to mix with water for injections 2ml (Please ensure the water for injecting is prescribed too). Advise you have two vials of medication and dilutant at least.

Ensure you have enough needles for each injection *plus a spare*

### Where can you get your needles and accessories from?

Your GP, endo clinic nurse or local pharmacy who dispenses the medication. NB these may need to be on prescription. There is a 'Needle exchange programme' in the UK which your pharmacist might be part of. This is for the injecting of medication as well as mood-enhancing drugs.

Sharps disposal boxes and clippers: These are available on prescription (FP10 prescription form) in all four nations of the UK. There are different schemes and arrangements in place for the safe disposal of your sharps disposal box once it is full. Schemes vary from nation to nation and even down to the locality, and your local healthcare provider should have information about local disposal methods. (NHS)

ADSHG do supply needles to purchase and you can contact them through their website

<http://www.addisons.org.uk/forum/index.php?/store/product/7-adshg-adult-emergency-injection-kit-small-case-item-401/>

Please note disclaimer: The Pituitary Foundation is not responsible for third party products

### General tips for injecting

- Check expiry date
- Wash your hands before preparing your injection
- Always use a new, sterile needle and where possible use a separate needle to draw up solution prior to changing needle for administration
- Check for air bubbles
- Choose injection site
- Take your time
- Remember, if in doubt give it!

- How to inject video on our website <https://www.pituitary.org.uk/information/treating-a-pituitary-condition/hydrocortisone/how-to-give-an-emergency-injection-of-hydrocortisone>

NB: Injection swabs are no longer required.

Emergency injection administration keeps you safe until you receive medical attention. **It is not intended to replace you seeking medical help.**