

How to Give Yourself an Emergency Injection

LEARN HOW TO INJECT – BEFORE YOU NEED AN INJECTION!

- Be prepared and [watch a video demonstration](#) to learn how to inject - before you need to!
- Review handling the injection kit at least once every three months.
- Practice giving an injection on an apple or potato with out-dated medication.
- Use your emergency injection kit at the first sign of an adrenal crisis to avoid spiraling into a critical state. If unsure whether or not to inject, it is better to err on the side of caution rather than risk adrenal crisis. One injection won't harm you and may well save your life.
- In an emergency situation, if you are already shaky and may not have stable hands or have no one to help you, it is more important to inject rather quickly than to follow the correct injection protocol. Follow the simplified steps on this page.
- If you have a person to help you, have her/him follow the instructions on the reverse side.

Simplified emergency injection

Press down yellow cap and mix:

1. Remove vial
2. Press down yellow cap
3. Mix the powder and solvent by turning in a semi-circular motion until it is clear (DO NOT SHAKE).



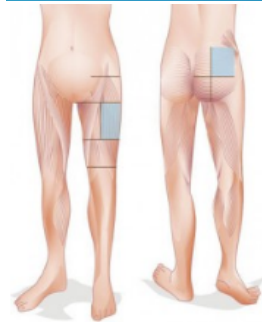
Draw up the liquid:

1. Tear the packaging halfway off the syringe.
2. Put the needle on the syringe and push it on, turning it slightly.
3. Remove the disc on the yellow cap of the vial.
4. Remove the cap from the needle, push into the vial, draw up all the liquid.



Select the injection site (BUTTOCK or UPPER LEG) and inject yourself:

1. Make sure the muscle is relaxed.
2. Push 2/3 of needle into the skin at a right angle.
3. Depress plunger slowly, inject all of the liquid.
4. Remove needle in smooth, quick movement.



Call an Emergency Number!
US: 911 UK: AU: 000

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Detailed description of an emergency injection

Press down yellow cap and mix:

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2. Press down yellow cap
3. Mix the powder and solvent by turning in a semi-circular motion until it is clear (DO NOT SHAKE).



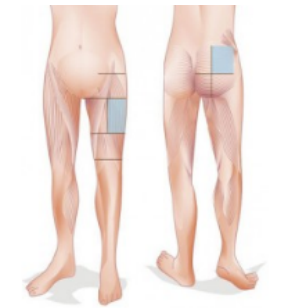
Draw up the liquid:

1. Tear the packaging halfway off the syringe.
2. **If you have two needles** available, put one the needle on the syringe and push it on, turning it slightly. Remove the disc on the yellow cap of the vial and clean it with alcohol wipe. Remove the cap from the needle, push into the vial, draw up all the liquid. Remove needle from syringe and put cap back on. Put on the second available (still sterile) needle to inject.
3. If you have only **one needle available**, use the drawing up needle to inject.



Expel air from syringe

1. If there are air bubbles, gently flick the side of the syringe with the needle UPWARDS.
2. Expel the air by pushing gently on the plunger and STOP as soon as a drop of liquid appears.
3. Put cap back on needle.



Select the injection site (buttock or upper leg) and inject

1. Make sure the muscle is relaxed and spread the skin with thumb and forefinger.
2. Push 2/3 of needle into the skin at a right angle.
3. Draw the plunger back slightly to ensure you haven't hit a blood vessel (If blood appears, withdraw needle and choose different injection site).
4. If you draw no blood, depress plunger slowly and inject the liquid.
5. When finished remove the needle in smooth, quick movement and cover the injection site with gauze.



