

使用皮下插管給藥：分步指南

1. 檢查皮下插管插入部位看有沒有：腫脹，觸痛，發紅或滲漏以及插管位置的任何變化。如果存在這些問題，請在繼續進行之前與您的護士聯絡以獲取建議。

2. 用肥皂和水洗手，然後擦乾



3. 閱讀注射筒上的標籤，確保您按處方選擇了治療突破性症狀的正確藥物



4. 將以下物品放入乾淨的容器中：

- 有標記的裝滿藥物的注射筒
- 有标记的冲洗注射筒

- * 一些皮下注射藥物在給藥時會引起不舒適。為避免這種情況，請將注射筒在手掌之間滾動幾秒鐘以加熱內部的藥物。



5. 將蓋子從注射筒上擰下來



6. 握住插管的Y形臂，將注射筒推入無針連接器的中心並扭轉直至固定

- * 可選的做法：有些抒緩照顧醫護團隊會要求你先用酒精擦拭無針接頭的末端。



7. 慢慢推進注射筒柱塞，直到所有藥物都已注入



8. 握住皮下插管的 Y 形臂並扭轉注射筒，將其移除



9. 安全地處置空注射筒

10. 對每種藥物重複步驟5-9

11. 使用0.5mL 0.9%氯化鈉（沖洗注射筒）重複步驟5-9，確保皮下套管中剩餘的所有藥物都已給您照顧的人注入

12. 重新檢查插入部位，看看有無：腫脹、觸痛、發紅或滲漏，如果發現變化，請通知您的護士

 給藥後在插入部位立即形成小腫塊是正常的。當藥物被吸收到血液中時，腫塊會消失。

13. 用肥皂和水洗手，清理工作臺面

14. 填寫用藥日誌



15. 大約20分鐘後檢查您照顧的人並將新的症狀評級列入用藥日誌

如果您不確定或擔心，請聯絡您的護士或醫生/執業-護士(nurse practitioner)以獲得進一步的建議。

Giving medicine using a subcutaneous cannula: A step-by-step guide

- 1. Check the subcutaneous cannula insertion site for:** Swelling, tenderness, redness or leakage and any changes in the cannula position. If any of these are present, contact your nurse for advice before continuing.

- 2. Wash your hands with soap and water and dry them well**



- 3. Read the label on the syringe to make sure that you have selected the right medicine, as prescribed, for the breakthrough symptom to be treated**



- 4. Place the following items into a clean container:**

- The labelled syringe(s) filled with medicine
- The labelled flush syringe



Some subcutaneous medicines can cause discomfort when being given. To help avoid this, roll the syringe between your palms for a couple of seconds to warm the contents.



- 5. Twist the cap off the syringe**



- 6. Hold the Y-arm of the cannula and push the syringe into the centre of the needle-free connector and twist until secure**



Optional: Some services request that you first swab the end of the needle-free connector with an alcohol wipe.



7. Slowly push the syringe plunger in until all the medicine has been given



8. Hold the Y-arm of the subcutaneous cannula and twist the syringe to remove it



9. Dispose of the empty syringe safely

10. Repeat steps 5–9 for each medicine to be given

11. Repeat steps 5-9 using 0.5mL of sodium chloride 0.9% (the flush syringe) to make sure all the medicine remaining in the subcutaneous cannula has been given to the person

12. **Re-check the insertion site for:** Swelling, tenderness, redness or leakage and inform your nurse if you notice changes



It is normal for medicine to form a small lump at the insertion site immediately after giving it. The lump will disappear as the medicine is absorbed into the bloodstream.

13. Wash your hands with soap and water and clean up the work surface

14. Fill out the medicines diary



15. Check the person about 20 minutes later and put the new symptom rating in the medicines diary

If you are unsure or concerned, contact your nurse or doctor/nurse practitioner for further advice.