

使用皮下插管给药：分步指南

1. **检查皮下插管插入部位看有没有：** 肿胀、触痛、发红或渗漏以及插管位置的任何变化。如果存在这些问题，请在继续进行之前与您的护士联系以获取建议。

2. **用肥皂和水洗手，然后擦干**



3. **阅读注射筒上的标签，确保您按处方选择了治疗突破性症状的正确药物**



4. **将以下物品放入干净的容器中：**

- 有标记的装满药物的注射筒
- 有标记的冲管注射筒

- * 一些皮下注射药物在给药时会引起不舒服。为避免这种情况，请将注射筒在两手掌间滚动几秒钟以加热内部的药物。



5. **将盖子从注射筒上拧下来**



6. **握住插管的Y形臂，将注射筒推入无针连接器的中心并扭转直至固定**

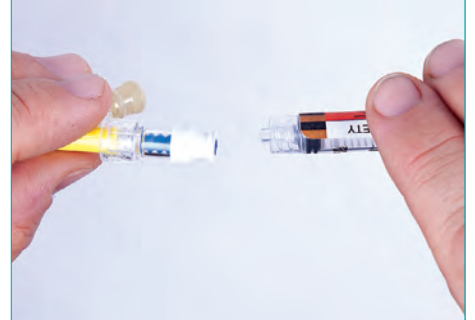
- * 可选的做法：有些姑息医护团队会要求您先用酒精擦拭无针连接器的末端。



7. 慢慢推进注射筒柱塞，直到所有药物都已注入



8. 握住皮下插管的Y形臂并扭转注射筒，将其移除



9. 安全地处置空注射筒

10. 对每种药物重复步骤5-9

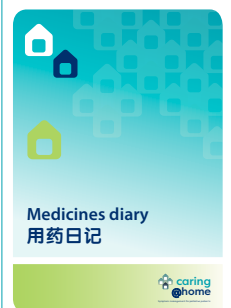
11. 使用0.5mL 0.9%氯化钠（冲洗注射筒）重复步骤5-9，确保皮下套管中剩余的所有药物都已给您照顾的人注入

12. 重新检查插入部位，看看有无：肿胀、触痛、发红或渗漏，如果发现变化，请通知您的护士

 给药后在插入部位立即形成小肿块是正常的。当药物被吸收到血液中时，肿块会消失。

13. 用肥皂和水洗手，清理工作台面

14. 填写用药日记



15. 大约20分钟后检查您照顾的人并将新的症状评级列入用药日记

如果您不确定或担心，请联系您的护士或医生/执业-护士(nurse practitioner)以获得进一步的建议。

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.