

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**

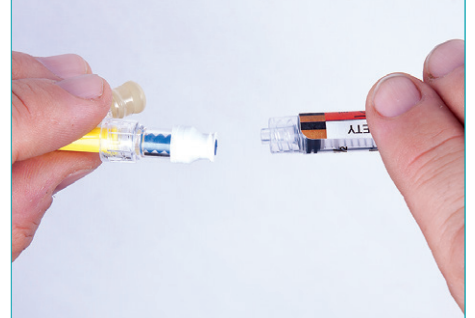
- * *Optional: Some services request that you first swab the end of the needle-free connector with an alcohol wipe.*



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.