

INFORMATION FOR PATIENTS/CARERS

How to give Omalizumab subcutaneous injection via self-administration at home

This information is to help you or your carer learn how to safely give your medication by a subcutaneous injection.

What is a subcutaneous injection?

A subcutaneous injection is an injection given under your skin into fatty tissue.

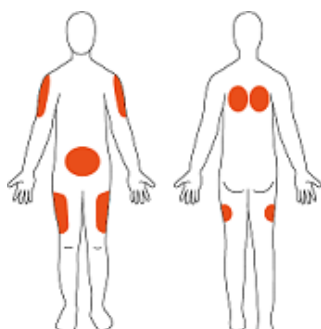
Your injection will come in a pre-filled syringe and depending on the dose prescribed to you by your doctor, you may need to use one or more pre-filled syringes and inject the contents of all of them.

Choose an injection site (area on your body)

You should be able to pinch your skin into a fold to raise the fatty tissue.

Avoid areas of skin that are red, inflamed, hard, bruised, have scars, birthmarks or stretch marks.

Figure 1. Injection sites



Preparing for your subcutaneous injection

This ideally should be done in a quiet place, away from distractions.

Clean a flat surface to put your supplies onto and gather your supplies:

- 1 x alcohol swab.
- 1 x gauze pad / cotton ball.
- 1 x sharps bin.
- 1 x pre-filled syringe or vials/needle/syringe.

Check the medication/packaging:

- Name
- Dose
- Expiry.

This should be completed for every injection/vial.

If the medication details are incorrect, **do not use** the medication and inform the Medical Day Case Unit.

Now you need to:

- Wash your hands with soap and water and or alcohol-based hand sanitizer.
- Fold back/remove any clothing covering the chosen injection site.

Using a pre-refilled syringe (Omalizumab)

1. Open the alcohol swab, using a side to side, up and down motion (similar to a #). Clean the skin at the chosen injection site and allow to dry for 30 seconds without touching the cleaned area.
2. Pick up the pre-filled syringe with your dominant hand (the hand you write with or use the most) carefully pull to needle cover off.

Do not let anything, including your fingers, touch the needle - this is sterile and very sharp.

If this happens put the pre-filled syringe into the sharps bin and call the medical day case unit for advice.

3. Hold the syringe around the middle with your fingers (like a pen) with your dominant hand.
4. Pinch your skin to raise a fold between your fingers (with your non-dominant hand).
5. Push the needle straight down into your skin (at a 90 degree angle) in one smooth, quick motion.
6. Using your thumb, slowly push the plunger all the way until it won't go any further.

7. Remove your thumb from the plunger, stop pinching your skin, and gently remove the needle from your skin.
8. Place the used pre-filled syringe in the sharps bin provided.
9. Have a small piece of gauze or cotton pad available to place over the injection site in case of any bleeding and apply gentle pressure (do not rub the injection site as this can cause irritation).

Reaction to medications

Please read the leaflet provided with your medication.

Reactions usually occur during the first few doses.

If you experience swelling, tightness of the throat, chest pain, severe dizziness, fainting, collapse, worsening breathlessness or wheeze, then you must **attend your nearest accident and emergency department or call 999.**

Contact details

Medical Day Case Unit (MDCU)
King's Mill Hospital
Telephone: 01623 622515, extension 2426 or 6826.

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202407-03-OSI
Created: October 2020 / Revised: July 2024 / Review
Date: July 2026