



# A patient guide to administering a subcutaneous icatibant injection

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## Step 1: Preparing for your injection



- Gather the equipment needed

### Equipment list:

Icatibant injection box	Tape
Alcohol wipe	Sharps box
Cotton wool	

## Step 2: Preparing for your injection



- Wash your hands with soap and water

## Step 3: Preparing the icatibant syringe

Remove the pre-filled syringe of icatibant from the plastic package by peeling back the plastic film.

### Inspect the syringe carefully;

- check the expiry date
- ensure the syringe is not damaged
- ensure it is clear and colourless

<b>Do not use the syringe of icatibant if:</b>	<b>What to do:</b>
<ul style="list-style-type: none"><li>• The syringe is cracked or broken</li><li>• The protective cap on the syringe is missing</li><li>• The expiry date on the label has passed</li></ul>	<ul style="list-style-type: none"><li>• Record the injection information in your injection diary and state the reason why you are not going to use it</li><li>• Then throw away into the sharps box</li></ul>
<b>Do not use the syringe of icatibant if:</b>	<b>What to do:</b>
<ul style="list-style-type: none"><li>• It looks cloudy or contains particles</li></ul>	<ul style="list-style-type: none"><li>• Record the injection information in your injection diary and state the reason why you are not going to use it</li><li>• Inform the immunology team</li><li>• Do not throw away the syringe – keep it to give to the immunology team</li></ul>

## Step 4: Preparing your Syringe and needle



- Remove the cap from the end of the pre-filled syringe by unscrewing the cap and then place the syringe down



- Take the needle, which can be found in the same plastic packaging as the icatibant syringe. Remove the film ensuring you do not touch the end of the needle and ensure that the needle remains within the plastic packaging



- Grip the syringe of icatibant firmly and carefully screw the needle onto the syringe



- Remove the needle from its plastic case by pulling the syringe. **Ensure that you do not pull up on the plunger**
- Make sure that there are no air bubbles in the syringe by pressing the plunger until the first drop appears on the tip of the needle
- The syringe is now ready for injection

## Step 5: Preparing the injection site

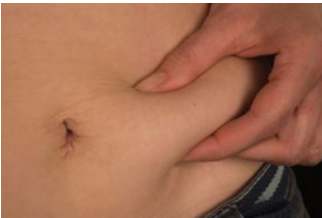
### Tips for selecting an area to inject

- Select an area on your abdomen for your injection.
- Use a different site from the last time you injected icatibant.
- Never inject into areas where the skin is tender, bruised red or hard.
- Avoid small veins which are visible on the skin surface.
- Avoid injecting into scars or stretch marks.



- Clean the skin with an antiseptic wipe and let the skin dry

## Step 6: Inserting your injection needle



- Keeping the syringe in one hand, use your other hand to gently pinch your skin
- Hold the syringe between a 45–90 degree angle to skin with needle facing the skin



- Hold the fold of skin, bring the syringe to the skin and quickly insert the needle into the skin fold
- To make sure you have not accidentally inserted the needle into a vein, let go the fold of skin and hold the syringe in place. Then with your other hand gently pull back on the plunger, be careful not to move the needle. If you see blood enter the syringe, take the needle out of the injection site, get another syringe and start the process again. Please notify your Immunology team.



## Step 7: Injecting your icatibant



- Slowly push the plunger of the syringe with a steady hand until all the fluid is injected into the skin and no liquid remain in the syringe
- Slowly inject over 30 seconds
- Then gently pull the needle out and discard the syringe, needle and cap into the sharps container



- Cover the site with gauze, tape or plaster
- Wash your hands



## Step 9: Contact your Immunology Team



- Please inform the Immunology team that you have used your icatibant so that they can organise a replacement
- Please also ensure that you complete the injection record and either post it to the Immunology team or bring it along with you to your next Immunology clinic appointment

## Possible side effects

Almost all patients receiving icatibant will experience a reaction at the site of the injection (such as skin irritation, swelling, pain, itchiness, reddening of the skin and burning sensation). These effects are usually mild and clear up without the need for any additional treatment.

The very common side effects that affect more than 1 in 10 people are:

- Additional injection site reactions such as; pressure sensation, bruising, reduced sensation and/or numbness, raised itchy skin rash and warmth

The common side effects that affect up to 1 in 10 people are:

- Feeling sick
- Headache
- Dizziness
- Fever
- Itching
- Rash around the injection site
- Skin redness
- Abnormal liver function test

You must inform your immunology team of any side effects you experience.

## Contact details

**Stella Spurrier** (Medical Secretary to Dr Richter and Prof Lane) 0121 371 4375

**Emma Knight** (Immunology Clinical Nurse Specialist) 0121 371 4850

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