

# HOW TO ADMINISTER SOLU-CORTEF® (hydrocortisone sodium succinate for injection, USP) via INTRAMUSCULAR INJECTION using the ACTO-VIAL® System

# Introduction

- Education and training are paramount for the proper technique of intramuscular injections
  - This training may be used to prepare a person for self-injection, or to train a caregiver, spouse or other person who may need to inject Solu-Cortef<sup>®</sup> using an Acto-vial<sup>®</sup> during an emergency
- In addition to preparation before an injection is needed, staying calm and focused will help you to successfully administer Solu-Cortef<sup>®</sup> to yourself or your loved one

*Reminder: some symptoms of an adrenal crisis may vary slightly by individual, be sure to discuss with your doctor what symptoms you should look for to indicate a risk of a crisis and when you should inject Solu-Cortef<sup>®</sup>*

# General Preparation

- Wash your hands with soap and water or an alcohol hand sanitizer
- Gather your equipment\*
  - Needles (2)
  - Syringe
  - Alcohol pad
  - Bandaid

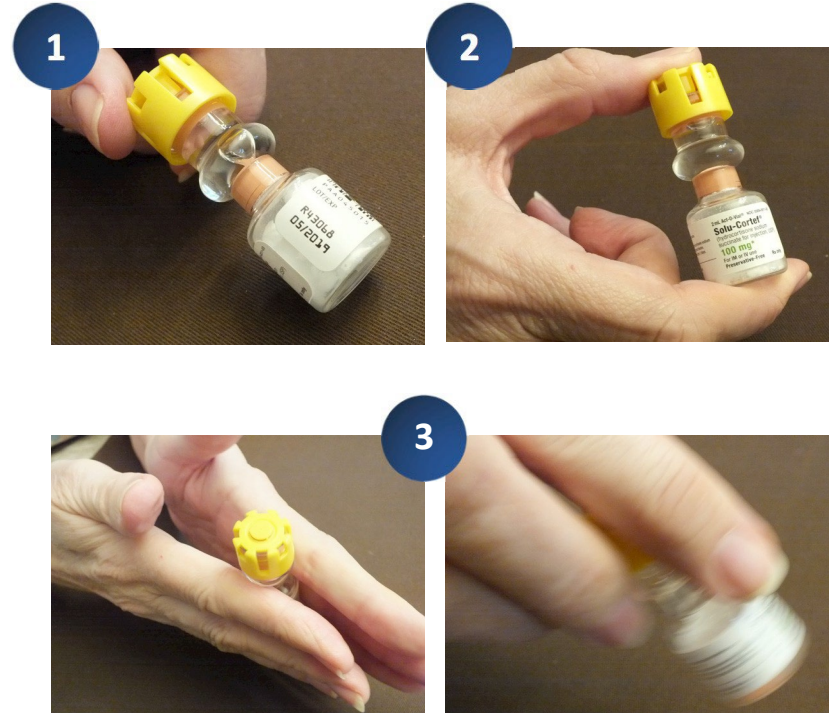


*\*NADF recommends that you keep all of these items in an emergency kit along with the 1-page instruction handout version of this presentation*

# Preparation of ACTO-VIAL<sup>®</sup>

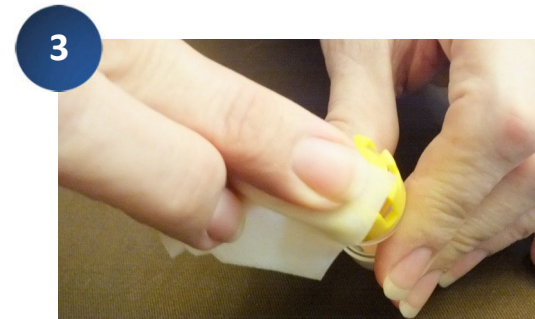
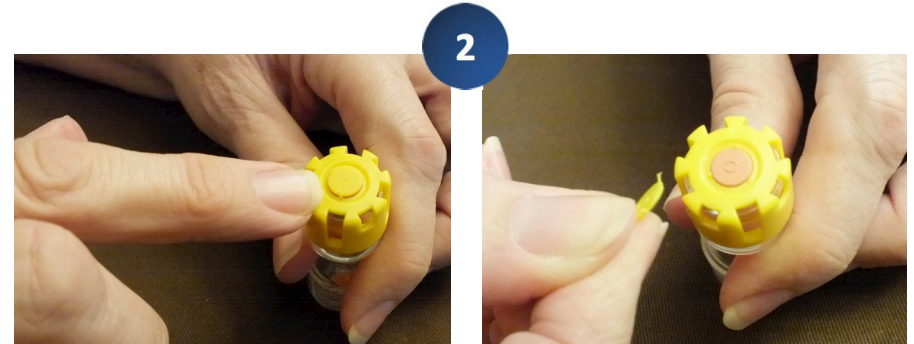
1. Double check expiration date on side of the vial\*
2. Push the stopper with your thumb to engage the powdered medication with the solution in the vial
3. Mix the powder and solution
  - \*DO NOT SHAKE VIAL\*
  - Gently "swirl" the vial or rock the vial back and forth to allow it to mix completely

\*Please follow FDA recommendations regarding extended expiration dates for certain lots for Solu-Cortef<sup>®</sup>



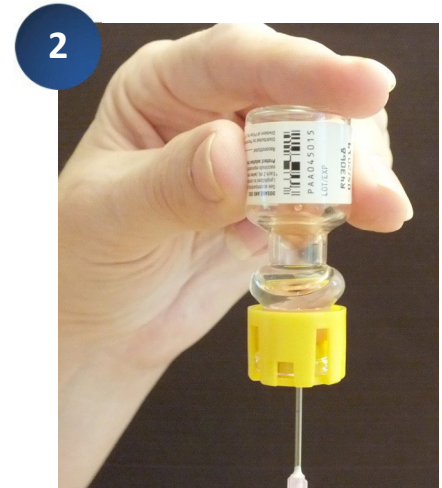
# Prepare the Injection

1. Confirm the medication is completely mixed
2. Remove yellow "tab" at the top of the vial
3. Wipe top of the vial with an alcohol prep pad



# Prepare Syringe

1. Open the package and take out the syringe with needle
  - Your doctor should provide you with guidance about the appropriate needle size and prescribe a needle typically in the range of 22 - 25 gauge, 1 to 1.5 inches in length
2. Draw air into syringe
  - Insert needle/syringe completely through the rubber stopper. Invert the vial and gently insert the air from the syringe



# Withdraw the medication

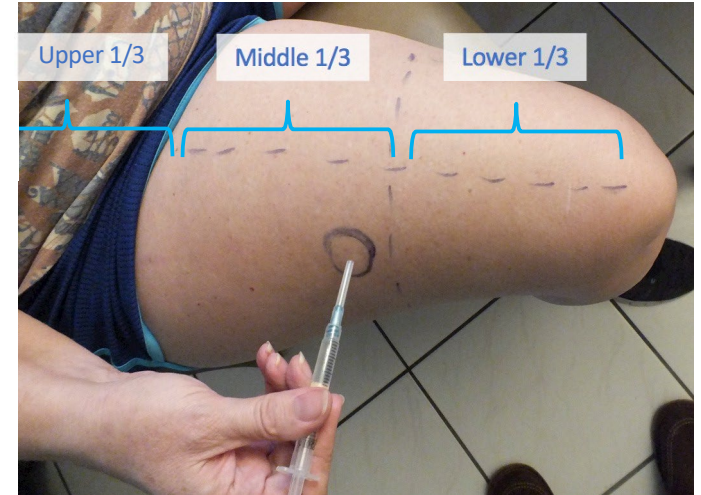
- Invert the bottle and gently withdraw the correct dose\*
- After removal, place the cap gently back on the syringe and remove any air bubbles by "tapping" the side of the syringe and expel any excess air
- Preferably replace the needle on the syringe with a new needle

\*2 ml for adults, a lesser amount may be required for children. Please check with your Pediatric Endocrinologist for dosing guidance



# Identify the Injection Site

- It is recommended you identify this site in partnership with your doctor and based upon your unique body shape/size prior to needing an emergency injection
  - Since most people will be able to use the thigh for an injection, NADF has detailed those instructions [here](#)
- Visualize your thigh in thirds
  - Use your hands to mark the upper third close to your hips and the lower third just above the knee; marker used in photos for illustrative purposes only
- Identify an injection site in the middle "third" on the outer portion of your thigh





# Prepare to Inject

1. Cleanse the site with an alcohol pad prior to injecting
2. Hold the site taut, and holding the syringe similar to a dart, push the needle into the muscle at a 90° angle
  - The injection can be given straight down, or from the side (as pictured)
  - The needle should be pushed in at least  $\frac{3}{4}$  of its length



# Administer Injection

- Briskly push the plunger in to administer the medication into the muscle.
- Once injection is complete, withdraw the syringe/needle quickly and apply pressure to the injection site and apply a Band-Aid to the site, if needed

# Additional Information

- It is common to feel anxious or uneasy when giving or receiving an injection
- Education, training and preparation is key for self administration of an intramuscular injection
- Remember to call your provider or go to the nearest Emergency Room after you have had an injection of Solu-Cortef®