

LIBERATE  
LIFE

●  
Giving your child  
**injections**

An introduction for parents  
and guardians



 **sobi**  
rare strength

# Getting the hang of injections

Giving your child injections can be difficult at first. It may feel strange for you and you may worry that it is distressing for your child, especially before they have learned to understand the importance of their treatment. However, with time and practice, you will both quickly get used to the process.

The initial period of injecting clotting factor in the hospital or clinic is extremely important to help you learn how to become comfortable with the injections. The nurses or doctors will help you learn a routine that allows both you and your child to become accustomed to the injection procedure. Your child will start to learn that syringes are not something unpleasant or painful, while you get support to overcome any concerns that you may have.

Remember that children are very in tune with your emotions, so if you are nervous it is easy for them to sense this and to feel the same way. Try to stay relaxed and be positive about giving the injections.

## In the beginning

Initially, treatment and training will take place at the hospital or clinic. Gradually, once you are comfortable with the process, treatment can be administered at home and incorporated into your normal routine. In addition to developing a good injection technique and practising injections and hygiene, you will learn how to best store the medicine and supplies. Depending on the healthcare system in your country, you will also learn how to order medicine and how to document the treatment in a home treatment diary. You should also have access to a 24-hour helpline for assistance. Contact your treatment centre if you have any questions about this.

## Storage

The package contains instructions on how the medication should be stored. It is a good idea to set aside a specific place in your home where you can keep all your treatment together.

## Hygiene

Intravenous injections (directly into the bloodstream) always carry a risk of infection. It is important to learn the correct way to wash your hands and your child's hands before preparing and giving an injection.



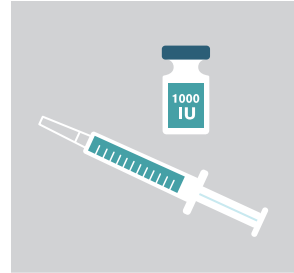
### 1 Before giving the injection

If you store the medicine in the refrigerator, take it out 20–30 minutes before it is time for the injection so it can reach room temperature. This will make it less painful on injection.



### 2 Before giving the injection

Wash your hands and your child's hands thoroughly before injecting, to minimise the risk of infection.



### 3 Before giving the injection

Mix the medication according to the instructions in the package. Place the syringe with the medication you have prepared on a clean surface.



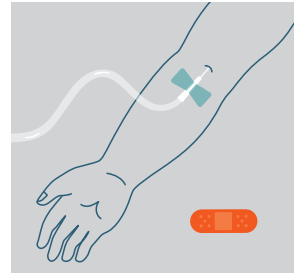
### 4 Before giving the injection

Sit down in a comfortable and quiet place that has a firm work surface. You might find that listening to some music or a story will help relax your child.



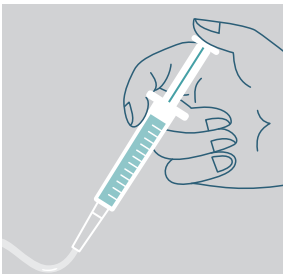
### 5 Before giving the injection

Tighten the tourniquet around the arm so that you can find a vein. Clean the injection site with an alcohol wipe and wait for it to evaporate.



### 6 During the injection

Remove any air in the syringe by slowly pushing the plunger until the medication has reached the needle. Insert the needle. Loosen the tourniquet and let the blood enter the tube.



### 7 During the injection

Attach the syringe and slowly inject the medication.



### 8 After the injection

Once you have administered the entire dose, remove the needle and use a ball of cotton wool or folded gauze to apply pressure to the injection site. Pressure should be applied for 5 minutes to prevent bruising and ensure that the vein can properly heal. Then stick on a small plaster.



### 9 After the injection

Be careful with used needles. To avoid any injuries always put used needles in an approved needle disposal container or sharps bin. All other items can be disposed of via regular household waste.

# Things to keep in mind

## Be confident when performing the procedure

Create clear routines in relation to the treatment and stay relaxed. Your child will be calmer if you are as well.

## Create a specific place in your home for the treatment

Store and prepare everything you need to perform the treatment in a specific place. The more organised you are, the calmer you will be.

## Be meticulous about hygiene

Injections always involve a risk of infection, both during and after the injection has been administered. Therefore, create a clear 'before, during and after' injection routine.

## Keep paperwork up to date

Always follow your doctor's recommendations regarding the dose and the administration. Also remember to log all infusions, including dose, in a treatment diary.

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You may also find the companion booklet helpful:



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