

Change clothing and place soiled clothing on its own in the washing machine on a cold rinse then wash as normal. Place kitchen roll into sharps bin. Rinse the gloves with cold water and then wash in soapy water.

Safe storage of injections

Please store the plastic box containing the syringes of cytarabine in the fridge. Keep the box away from children and warn them not to touch it.

24 hour telephone support

If you have any problems with any aspect of the home administration of Cytarabine or if the person receiving the Cytarabine becomes unwell please contact us at anytime 24 hours a day.

Lincoln patients contact Waddington Unit at Lincoln County Hospital on **01522 572255**

Boston and Grantham patients contact Ward 7a at Pilgrim Hospital on **01205 445347**

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk

Administering Subcutaneous Cytarabine at home

A guide for patients and carers

Haematology Departments

www.ulh.nhs.uk

Step by step guide for administration of subcutaneous cytarabine

Assemble equipment

Wash hands and assemble the following equipment provided on a clean surface:

- Gloves vinyl (if carer administering injection)
- Syringe containing chemotherapy
- Orange needle
- Small piece of cotton wool
- Place the cytotoxic bin within easy reach

Preparation for injection

1. Wash hands
2. Put on gloves (if carer)
3. Unscrew the yellow ‘bung’ from the syringe containing cytarabine and place directly into the sharps bin
4. Attach the needle with the plastic holder firmly onto the syringe and twist to ‘lock’ the needle firmly in place

Giving the injection

1. Expose the area of the body to be injected. Upper outer arms, (thighs or abdomen can be used). Injection sites to be rotated or area to inject should be rotated each time
2. Carefully remove the plastic cover from the needle
3. Pinch the area to be injected between the thumb and forefinger, without squeezing too hard
4. Insert the needle fully into the skin at an angle of 90 degrees whilst still pinching the skin
5. Inject the liquid slowly and evenly, always keeping the skin pinched

6. After injecting the solution, carefully withdraw the needle and release the skin
7. If a small amount of drug leaks onto the skin this will not harm the skin. Wipe the drug off the skin with a small piece of cotton wool disposing of this directly in the sharps bin
8. Put the syringe into the sharps bin. **DO NOT PUT THE COVER BACK ON THE NEEDLE**
9. Remove gloves and place in the sharps bin
10. Store the sharps bin in a safe place away from children and pets
11. Once the sharps bin is finished with lock it as shown and return to the hospital (when you next attend an appointment with the haematology team).

Information on handling spillage

Spillage on the skin

Wipe the drug off the skin with cotton wool and dispose of cotton wool into sharps bin. Wash skin with soap and water.

Spillage in the eye/s

Wash the eye/s using plenty of cold water. Contact the hospital for advice.

Spillage onto work surface/floors

Cover the spillage using absorbent paper (kitchen roll) whilst wearing protective gloves (household cleaning gloves). Wipe the area with cold water then wash with soap and water. Place the absorbent paper in the sharps bin. Rinse the gloves with cold water and then wash in warm soapy water.

Spillage onto clothing

Wearing a pair of household gloves blot dry with kitchen roll.