

CHECKLIST

The Following
Checklist Will
Help:

- ✓ Bring medication to room temperature
- ✓ Inspect visually (no particles/ no leakage)
- ✓ Check label to ensure correct drug, dose, and patient name
- ✓ Clean the in-home preparation area
- ✓ Scrub hands well for 30 seconds
- ✓ Use proper septic technique. Do not touch needle
- ✓ Clean the rubber stopper under flip cap with a new alcohol swab and allow to dry prior to drawing up the medication
- ✓ Clean area of body to be injected with new alcohol swab
- ✓ Verify the amount of medication drawn up on syringe is correct
- ✓ Inject as trained by your doctor
- ✓ Appropriately dispose needles and syringe
- ✓ Store medication as instructed

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CONTACT PHARMACY FOR
PROFESSIONAL ADVICE OR
CONCERNS ABOUT
ADMINISTRATION, STORAGE,
AND/OR SIDE EFFECTS.



UNIVERSAL ARTS
COMPOUNDING PHARMACY

Specialty & Sterile Medications • Clinical Trials



PATIENT AND CAREGIVERS

instructions for the storage,
handling, and administration
of compounded sterile
preparations

YOUR DOCTOR HAS PRESCRIBED FOR YOU A COMPOUNDED STERILE MEDICATION FOR INJECTION.

The following steps are general and intended to help support the self-injection training that you have received at your clinician's office.

If your physician prescribed a device for use to give yourself injections, please refer to the medication guide, package insert, or website for injection instructions specific to that device.

When You Receive Your Medication:

- Inspect your medication and supplies to ensure that proper temperatures were maintained during transport and that there is no evidence of deterioration or defects.
- Handle and store your medication as instructed on the label.
 - Frozen medications should be stored in the freezer and thawed out prior to use. Once thawed it can then be stored in the refrigerator.
 - Refrigerated medications should be stored in the middle of the refrigerator, not on the door since temperatures will fluctuate.
 - Room temperature indicates a temperature between 68° to 77° F that allows for excursions of 59° and 86°F that are experienced in pharmacies, hospitals, and warehouses.
 - Never leave your medication in the car without appropriate insulation or cooler.

BEFORE ADMINISTERING THE SELF-INJECTION:

- Medications that are stored in the refrigerator, should be removed 30 minutes before prior to use so it can warm up to room temperature. Frozen medications should be thawed out and allowed to warm to room temperature as well.
- Visually inspect your compounded sterile medication to be sure:
 - It's free from leakage, container cracks, particles, precipitate, haziness, discoloration, or other deviations from the normal expected appearance
 - The packages are completely sealed, with no evidence of loss of package integrity.
- Check labels immediately prior to administration to ensure the right drug, dose, patient, and time of administration.

CONTACT PHARMACY FOR QUESTIONS OR CONCERNS REGARDING THE PACKAGING OF YOUR MEDICATION WITH ANY PHYSICAL SIGNS OF TAMPERING, MISBRANDING, DETERIORATION, COMPROMISED INTEGRITY, OR ADULTERATION.

BEFORE ADMINISTERING THE SELF-INJECTION CONTINUED:

- Clean a surface or counter in the home before you begin. This is the preparation area.
- Wash hands thoroughly including scrubbing the backs of hands, fingertips, thumbs, under the fingernails and between fingers for about 30 seconds.
- Use proper technique, and organize all containers, devices, and supplies in a way that you do not contaminate them by inappropriately touching the needles, syringes and the tops of the vials.
- Once you remove the plastic caps off the vials, make sure you clean the top of the vial with an alcohol swab, and allow it to dry, prior to puncturing it with the needle.

SELF-INJECT YOUR MEDICATION:

- A subcutaneous injection is given into the fatty tissue directly beneath the skin using a short injection needle. Body sites usually include the upper arm, abdomen or the top of the thigh.
- An intramuscular injection is given into deep, muscle tissue using an injection needle longer than those used for subcutaneous injections do. Body sites usually include the mid-thigh or upper, outer quadrant of the buttocks.
- Clean the injection site with an alcohol wipe starting at the puncture site, using firm pressure and working your way outward in a circular motion. Let the alcohol completely air dry.
- Inject the filled syringe into the site and in the manner in which you were trained and instructed by your doctor.
- Alternate the injection sites with every upcoming injection.

DISPOSING OF WASTES, SUCH AS NEEDLES, SYRINGES, DEVICES:

- If you have a medical facility that accepts sharps from the community for disposal, you can purchase a sharps disposal container from a pharmacy.
- Do not place sharps in containers with a BIOHAZARD label on the outside of the container in the household garbage.



- Sharps containers with a Biohazard label are usually treated as medical waste. DO NOT bring used needles and syringes to your clinic or hospital if they do not accept them.

- The Florida Department of Health encourages individuals to find out how their county health department recommends disposing of used sharps. To see if a program exists in your county please go to the following site:
<http://www.doh.state.fl.us/environment/community/biomedical/sharps.htm>



- If public disposal sites are not available in your area, DO NOT use a sharps container. Do not use clear plastic or glass containers. Instead, place needles, syringes, lancets, and other sharp objects into hard plastic or metal containers with a screw-on top or other tightly securable lid (e.g., liquid-detergent container or an empty paint can).
- Containers should be no more than $\frac{3}{4}$ full.
- Before discarding, reinforce the top with heavy-duty tape.

Check with your local waste collection service to make sure these disposal procedures are acceptable in your county. For more information contact: Florida Department of Health Bureau of Community Environmental Health/HSEC, 4052 Bald Cypress Way, BIN A08, Tallahassee, FL 32399-1710 or call Tel: (850) 245-4277