

Hydrocortisone Emergency Kit



Empty out the contents of the hydrocortisone emergency kit

Remove paper packaging from needle and syringe

Screw needle (still in its guard) onto the end of syringe

Flip off the top of the hydrocortisone vial

Snap off the top of the water ampoule
(the dot indicates where it will snap most easily)

Remove the guard from the needle



Draw up all the water into the syringe

Inject the water through the rubber bung into the hydrocortisone vial

Mix well by gently shaking



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Draw up reconstituted hydrocortisone into syringe

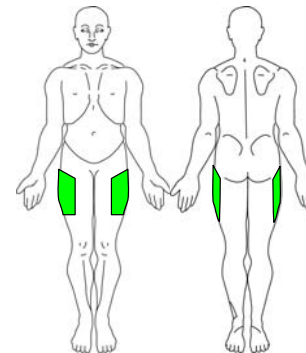
Keep the point of the needle through the rubber bung but below the surface of the liquid

Hold the syringe upright as shown

Tap to get any air bubbles to the top

Expel air by gently pushing up the plunger

Remove needle and replace with a clean one



Inject into the outer part of the middle third of the thigh

Insert needle at 90° (right angles) for the full length of the needle

Press plunger of syringe gently but firmly until all the contents of the syringe are injected

Withdraw needle and press the site of injection with a clean tissue or cotton wool

Be sure to dispose of needle carefully ...

Replace guard on needle and store in a safe place until you can give it to your GP surgery, the hospital or a chemist for safe disposal

