



INFUSING
HEALTH
RIGHT
TO
YOUR
HOME

A PATIENT'S GUIDE TO SELF INFUSION

Use this quick and easy guide to help you infuse your medication! Please request an infusion training with your doctor, healthcare professional or manufacturer of your medication first before undergoing this guide.

- STEP 1 : PREPARE**
- STEP 2 : MIX**
- STEP 3 : LOCATE**
- STEP 4 : INJECT**
- STEP 5 : DISPOSE**

STEP ONE: PREPARE

Step one is all about preparation for your self infusion! Providing a clean workspace and keeping your hands clean through improved hand hygiene is a vital way to protect yourself. By following these procedures, you can avoid spreading germs or infection when infusing your medication. Let's get started!



A GATHER ALL OF YOUR SUPPLIES

If you store your medication in the refrigerator, remove it from the refrigerator and wait 30 to 60 minutes before you plan to infuse so it can reach room temperature.

Check all expiration dates on your medication.

Gather all of your infusion supplies: needle sets, transfer needles, alcohol swabs, syringes, gauze, tape, sharps container, and a bleed treatment log.

B PREPARE YOUR WORKSPACE

Find a calm work area with as few distractions as possible that has good lighting so you can see what you're doing.

Using an antibacterial cleaner, sanitize your workspace and place all of your supplies on the clean surface.

Double check the labels on your medication to make sure you are infusing the correct dose.

C WASH YOUR HANDS PROPERLY:

1. Wet your hands with clean, warm running water and apply soap.
2. Rub your hands together to make a lather and scrub them well.
 - a. Be sure to scrub the backs of your hands, between your fingers, and under your nails. (See picture example below)
3. Continue rubbing your hands for at least 20 seconds.
4. Rinse your hands well under running water.
5. Dry your hands using a clean towel.



D HOW TO USE HAND SANITIZERS:

- Apply the product to the palm of one hand.
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

STEP TWO: MIX

Please read and follow the guidelines for the preparation and administration of your medication contained within the medication guide or package insert that the manufacture provides. Use the below mixing instructions as a guideline.



A TO MIX OR NOT TO MIX?

Your medication may be supplied in a pre-filled syringe that does not require mixing. Because you are using a pre-filled syringe, you may not need to prime the syringe. It is important to check for air bubbles and to see if the level of the medication is at the top of the needle.

Mix the factor using the directions given by the manufacturer. Use the mixing tool or needle-less system.

B PRIME TIME

If you need to prime the syringe to remove all the air from it, hold the syringe pointing upwards, and gently tap the sides to force any air bubbles to the top. Push the plunger slowly until you see one or two drops come out from the tip of the needle. This ensures that all air is out.

C MIX IT UP

Each brand of factor has its own system to mix and different water amounts (2.5 mL, 4 mL, 5mL or 10 mL). You must use all of the water provided. You may have to mix two or more vials of different strengths to reach your required dose. You can draw up all of the factor in one syringe, after you have mixed all of the vials. If your medication preparation requires mixing diluent (liquid) with dry powder, follow the directions as specified in the medication information that the manufacturer provided.

D SAVE THE LEFTOVERS FOR LATER

Once you mix the factor it should be given within the manufacturer's recommended time frame (usually 3 hrs.). The factor can still be okay to use, especially if refrigerated after being mixed, for longer periods of time, please check with your healthcare professional.

STEP THREE: LOCATE

Infusing is not rocket science, but there are best practices to make sure you safely and effectively receive your medication. When you infuse, you are delivering factor directly into a vein. Your health care provider or HTC team will teach you the specific steps to follow to infuse factor. Use the below steps as a guideline:



A FIND A GOOD VEIN

Look for a good spot to inject your factor. It might be on the back of your hand, on the inside or back of your lower arm, or on the inside of your arm at the bend of your elbow. Put on a tourniquet to help the veins to “stand at attention” so that you can see, feel and use them for infusion of factor. Then, using an alcohol swab, clean the part of your hand or arm that will be infused.



B HOW MANY INFUSIONS DO YOU NEED?

Select the number of infusion sites based on the volume of the total dose. It is recommended that you not inject more than 20 mL for children and 30 mL for adults into each infusion site. See picture for potential locations of infusion sites. Make sure sites are at least 2 inches apart. Avoid bony areas, visible blood vessels, scars, and areas of inflammation or infection.

C CLEAN YOUR INFUSION SITE

Clean your infusion site with a sterile alcohol wipe starting at the puncture site, using arm pressure and working your way outward in a circular motion. Let the alcohol dry for a few seconds. The infusion needle must remain sterile, if it touches anything non-sterile (even a tabletop that has been cleaned), you must discard it and use a new sterile needle instead.

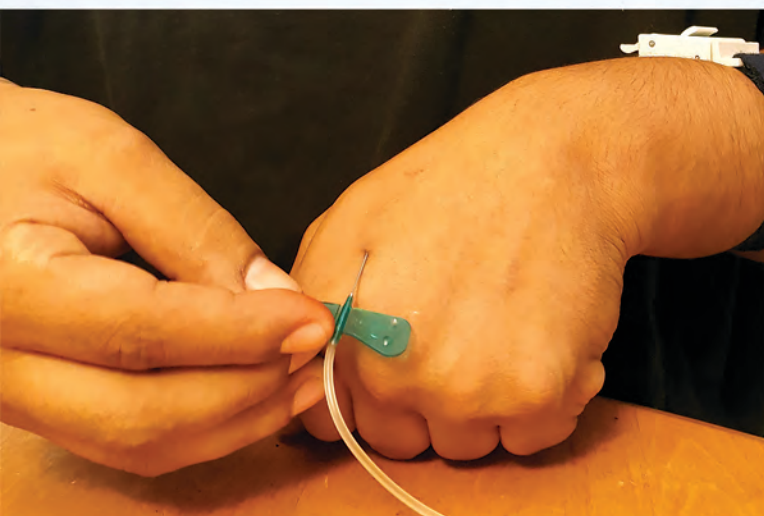
STEP FOUR: INJECT

Now you're ready to infuse your medication! Use the below steps as a guideline.



A INSERT THE NEEDLE

Remove the cover of your needle being careful not to touch the needle. Hold the syringe as you would a pencil. With your free hand, gently pinch the skin at the injection site. You should be pinching one to two inches of skin. See Example below and insert straight into the skin at a 90 degree angle. "Pop" the tourniquet after the needle is inserted into the vein, when you see blood in the tubing, and before you start pushing in the factor.



A patient inserts a butterfly needle into the injection site using their fingers to infuse their medication.

B CHECK YOUR PLACEMENT

Before starting the infusion, check each needle for correct placement by gently pulling back on the attached syringe plunger and looking for any blood in the needle tubing. If you see any blood, remove and throw away the needle into the sharps container. Repeat priming and needle insertion steps in a different infusion site with a new sterile needle.

C SECURE, REMOVE & RECORD

Once the needle is secure, slowly push the syringe plunger down as you inject factor into your vein. When the syringe is empty, remove the needle. Then, hold a gauze pad on the area you injected for at least one minute. You can cover it with a protective dressing. Fill out your bleed log to keep a record of your infusion. Write down the date, time, dose, product label, reason for infusion, and any reactions after each infusion.

STEP FIVE: DISPOSE

After you complete your self infusion, the last step is to dispose of the used needles or syringes. Safe disposal of needles/syringes is important whether you are at home, work, school or traveling. Remember, it is your responsibility to safely and properly dispose of your needles and syringes, so follow the guidelines below to get started:



A BETTER SAFE THAN SORRY

Keep your sharps container out of the reach of children or animals. Getting stuck with a used needle or coming into contact with a used syringe can be seriously dangerous and can:

- Injure people or animals
- Cause bacterial/viral infections
- Spread diseases like HIV/AIDS, syphilis, hepatitis and tetanus
- Bring about emotional trauma (worrying about illnesses after getting stuck)
- Incur medical expenses (testing for illnesses after getting stuck)

B HOW TO PROPERLY DISPOSE

Dispose of all puncture-resistant, sharps containers in designated areas provided by community/national services including:

- Drop-off collection sites
- Household “hazardous waste centers”
- Residential “special waste pickup services”
- Syringe exchange programs
- Mail-back services
- Home needle destruction services

C HOW TO RECEIVE ANOTHER CONTAINER

When the puncture-resistant sharps container is about two-thirds full, securely tape the lid shut. At your next prescription refill call, request to receive another sharps container. You can also contact HF Healthcare’s office to receive another container. We are available 24/7 to serve your needs: 866.981.1171

D FOR MORE INFORMATION

More information about needle/syringe disposal rules in your state, please visit:

- **Centers for Disease Control and Prevention**
<https://www.cdc.gov/niosh/topics/bbp/disposal.html>
- **Coalition for Safe Community Needle Disposal:**
<http://www.safeneedledisposal.org/>
- **Environmental Protection Agency (EPA):**
https://www.epa.gov/sites/production/files/2016-02/documents/med-govt_0.pdf
- **North American Syringe Exchange Program:**
253-272-4857 or www.nasen.org