

## PATIENT INFORMATION

# Easy Steps for you to follow to give yourself a subcutaneous injection of Bortezomib (also known as Velcade)

### Step 1:

Gather the supplies you need and place them nearby:

- Prefilled syringe
- Needle
- Gauze swab
- Purple top sharps bin



### Step 2:

Please check the written details. Check that the syringe label and prescription sheet have the correct name and dose written on them. Check the expiry date on the syringe label.

### Step 3:

Wash your hands well with soap and water and then dry them thoroughly. Put on gloves.

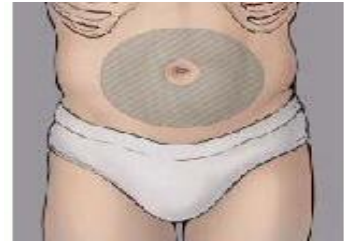


### Step 4:

Sit comfortably so you can see your stomach easily.

**Step 5:**

Identify an area about an inch or two away from your belly button. The ideal part is a fatty area where you can “pinch an inch”.

**Step 6:**

Pick up the syringe and twist off the cap (may be green or red in colour).

**Step 7:**

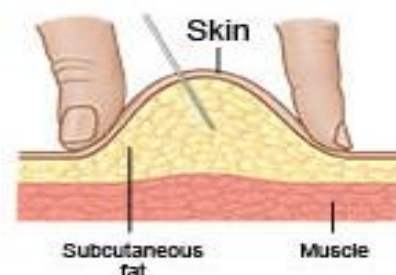
Twist on the orange needle. Make sure it is twisted on as far as it will go. A loose twist means the drug may leak out.

**Step 8:**

Hold the syringe like a pencil in the hand you write with. With your other hand, gently pinch the identified area on your stomach.

**Step 9:**

Push the needle straight into this pinched area.

**Step 10:**

Inject the liquid into your stomach fat by gently pushing the plunger down with your index finger.

**Step 11:**

Count to five then remove the needle from the skin.

**Step 12:**

Flip the protective cover over the needle then put the needle and syringe straight into the sharps bin.

**Step 13:**

If there is any fluid or blood at the injection site, press the site lightly with a gauze swab for ten seconds then place the swab into the sharps bin.

**Step 14:**

Remove the gloves and wash your hands again.

**Any queries/problems please call the 24 hour helpline:**

01803 655219 (Mon-Sat 8am-6pm)

01803 655527 (out of hours)

**Frequently asked questions:****What is Velcade (Bortezomib)?**

Velcade is the trade name for the drug Bortezomib. Bortezomib is a proteasome inhibitor that is extremely effective at controlling myeloma and amyloidosis. It is not a traditional chemotherapy drug but still needs to be treated with great care.

**What is a subcutaneous injection?**

This is an injection into the fatty layer of tissue directly under the skin.

**What happens if I spill the injection?**

If you spill the injection on your skin, please wash it off immediately with soap and water and then rinse the area thoroughly. If you spill it on the floor/ furniture, please wear disposable gloves and wipe up any excess fluid with a disposable cloth, then rinse the area with soapy water. Place any used gloves and cloths in the cytotoxic sharps bin.

**What do I do if I have a question or query when I am at home?**

Call the 24h helpline or your Specialist nurse.

The 24h helpline is 01803 655219 (Mon-Sat 8am-6pm) or 01803 655527 (out of hours)

**Where should I store the injections and equipment?**

All equipment can be stored at room temperature. The pre-filled syringe needs to be stored in the fridge in its own plastic tupperware container. Make sure it is kept separate from food/drink and out of the reach of children.

**Where do I get more supplies?**

All equipment and pre-filled syringes will be provided by the Ricky Grant Day Unit at Torbay Hospital.

**How many injections will I need?**

Your Doctor or Specialist nurse can inform you of how many injections you will need. You have four injections per course and you will typically have four to eight courses.

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.