



Hydrocortisone (Solu-Cortef®) Injections

A person's body usually makes hydrocortisone-like hormones, called steroids, which are needed for good health. These steroids are chemicals that play an important role in the way the body uses sugars, fats, and protein. They are also important in the body's fight against the stress of illness. If the body does not produce enough of these steroids, the doctor may prescribe a medicine called hydrocortisone (HY-dro KOR-ti-zone). This medicine can usually be taken by mouth.

Hydrocortisone will need to be given by injection when your child is unable to take his dose by mouth because of vomiting or when he needs more during times of stress. Hydrocortisone is a safe medicine with few side effects when taken in the amount prescribed by the doctor.

Doctor's Order

Child's Name: _____

Date: _____ Age: _____ Weight: _____

The amount of hydrocortisone to give by injection is _____ mg = _____ mL.

When to Give More Hydrocortisone

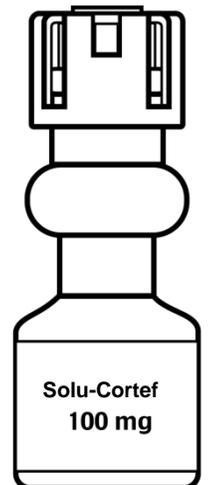
Your child will need an increased amount of hydrocortisone at these times:

- Fever of 101°F or higher
- Nausea, vomiting or diarrhea.

Steps to Follow

When your child needs an increased amount of hydrocortisone, follow these steps:

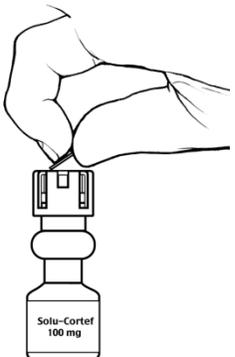
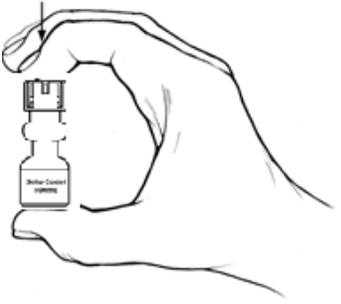
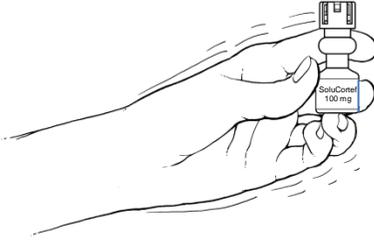
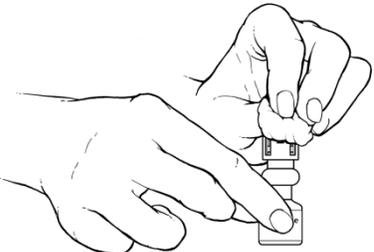
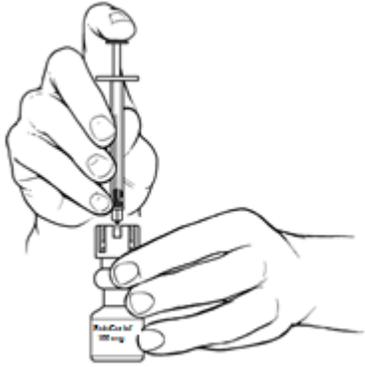
1. First, try to give your child triple (three times) his usual dose by mouth for each dose while the child has a fever or is vomiting.
2. If your child is not keeping medicine down, or if you cannot give it by mouth because he has nausea or vomiting, **give the injection.**
3. Then call your child's doctor to explain how he or she is doing and what medicine was given. The doctor can give you further instructions.



You Will Need

- Vial of medicine (Two-compartment Act-o-Vial[®])
- 3-mL disposable syringe with 23-gauge needle
- Puncture-resistant container for syringe disposal
- Bottle of rubbing alcohol
- Band-Aid[®]
- Cotton balls or dry tissue

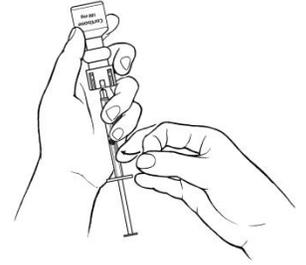
Preparing Hydrocortisone for Injection

 <ol style="list-style-type: none"> 1. Wash your hands. 2. Remove the plastic disk from the top of the protective cap. 	 <ol style="list-style-type: none"> 3. Push down on the plastic top so that the liquid can mix with the powder in the lower part of the vial.
 <ol style="list-style-type: none"> 4. Gently shake the solution until it is clear. 	 <ol style="list-style-type: none"> 5. Clean the rubber stopper with a cotton ball dipped in alcohol.
 <ol style="list-style-type: none"> 6. Place the needle through the center of the plunger-stopper until the tip is just visible inside the bottle. 	 <ol style="list-style-type: none"> 7. Hold the vial upside down and draw the hydrocortisone into the syringe.

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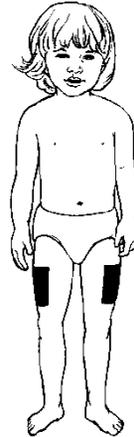
Preparing Hydrocortisone for Injection, continued

Leave the syringe in the vial and tap the syringe gently to make air bubbles rise. Gently push the plunger to force air bubbles out of the syringe. Check the syringe to make sure the dosage is correct. Leave the needle and syringe in the vial until you are ready to give the dose.



Choosing the Injection Site

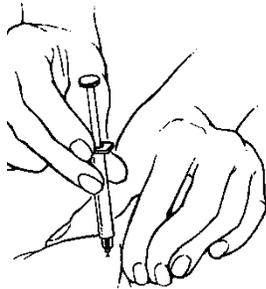
The site for the injection should be halfway between the hip bone and outer part of the thigh. This area is chosen because it is free of large blood vessels and nerves. This site can be used for a child of any age.



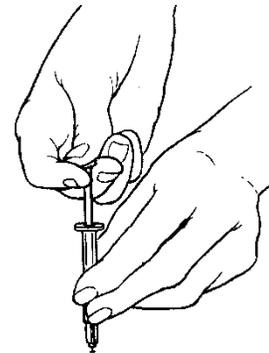
Giving the Hydrocortisone Injection

Infants and Toddlers – Hold your child firmly between your elbow and body. Make sure you have complete control of his leg movements.

Older Children – Explain what you are going to do and why. Have your child lie on his side and turn his foot inward to relax the thigh muscles.

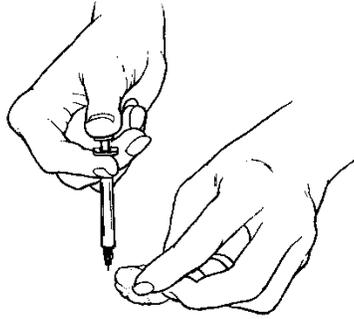


1. Clean the skin at the injection site with an alcohol-moistened cotton ball or tissue. Firmly grasp the muscle of the outer thigh. Hold the syringe like a pencil. Slip the needle in quickly at a 90 degree angle (straight up and down).



2. Pull back on the plunger to see if blood appears. If blood appears, **do not push the plunger in**. Take the needle out of the skin and choose another site. If the medicine is clear, slowly push the plunger all the way in.

Giving the Hydrocortisone Injection, continued



3. After all the medicine is given, remove the needle and hold a dry tissue over the site for a few seconds. Dispose of the used needle and syringe (see below).



4. Put a Band-Aid[®] on the site.

CAUTION: If you accidentally puncture your skin after the medicine has been given, wash your hands and put hydrogen peroxide on the site. Call your doctor.

Disposing of the Used Needle and Syringe

Do not recap the needle. Do not touch the needle. Do not bend or break off the needle. Do not remove the needle from the syringe.

1. Drop the used syringe and needle into a sharps container or a hard plastic or metal container with a screw-on or tightly secured lid. An empty plastic bleach bottle or liquid laundry soap container may be used. If a coffee can is used, first reinforce the plastic lid with heavy-duty cloth tape. Do not use glass or clear plastic containers.
2. Do not put needles in a container that will be recycled or returned to a store.
3. Do not let the container get too full. When the container is almost full, tape down the cover or lid, put it into a bag, and return it to your local hospital for disposal.

CAUTION: Syringes and needles should be used only once.

Storage

- **CAUTION:** Store all supplies in a dry place, out of the reach of children and others who might misuse them.
- Light and moisture make this medicine not work as well. Store it in a dark, dry place (not in the bathroom or above the kitchen sink).
- Keep this medicine away from heat or direct sunlight.

Expiration Date

- If your child's dose of hydrocortisone is not the full vial (100mg), throw away the remaining medicine in the vial. The vial can only be punctured one time with a needle and syringe.
- Once the hydrocortisone powder is mixed with the liquid, it is only good for 3 days. If your child does not use the dose right away, store the mixed vial in the refrigerator for 3 days.
- Check the expiration date on the cortisone vial every month.
- If the cortisone is outdated, mix the leftover medicine with an unwanted material like coffee grounds, and place the mixture into a container or a bag that will not leak. Throw the container away in the trash where children and pets cannot reach it.
- If you have any questions, please ask your doctor or nurse or call
_____.