

MY PFIZER G-CSF INJECTION MAT

Before your injection, remember to:



Review the detailed “Instructions for Use” in the Patient Information Leaflet that came with your medication for full details on how to prepare and subcutaneously inject your prescribed dose. The instructions presented here are an abbreviation



Remove the syringe carton from the fridge and allow it to adjust to room temperature for **30 minutes**



Wash your hands thoroughly with soap and water



Visually check the carton, labels, syringe, and the medicine inside the syringe

ADMINISTER: The 7 steps of your prefilled syringe subcutaneous injection

1. Clean the injection site with an alcohol wipe and let the skin dry. Avoid injecting in the same place as previous injections.

Outer area of upper arm

Stomach area (abdomen), except for a 2-inch area right around the navel (belly button)

Thigh

Upper outer area of the buttocks

● Self-injection site

● Only use this site if someone else is giving you the injection

2. Remove needle cover. As needed, refer to the detailed “Instructions for Use” to ensure the correct dose is being administered.

3. Pinch the injection site to create a firm surface.

4. Hold the pinch. Insert the needle into the skin at 45 to 90 degrees.

5. Using slow and constant pressure, push the plunger rod down until it reaches the bottom.

6. Keep the plunger rod fully pressed down and gently pull the syringe off the skin.

7. As you let go of the plunger rod, the needle guard will automatically slide over the needle until the needle is completely covered and the needle guard locks into place. **Do not re-cap the needle.**

Complete: Dispose of the needle cover and used syringe in a sharps container.

PREPARE: Gather all the suggested materials for a self-injection

Alcohol wipe

Cotton ball or gauze pad and adhesive bandage

If there is blood after the injection, press a cotton ball or gauze on the injection site and apply an adhesive bandage if necessary.

Prefilled syringe

You will also need a sharps disposal container.

Notes: