**ACT-O-VIAL™ (hydrocortisone for injection)**

### What you need
- Hydrocortisone vial
- Alcohol swab
- 2 mL syringe
- Drawing-up and injection needles
- Cotton swab

### Preparation
1. Wash your hands before preparing the injection
2. Read the label to ensure you have Solu-Cortef
3. Check the expiry date
4. Gently mix the solution without shaking it
5. Turn the vial upside down a number of times
6. Do not shake the vial
7. The solution is initially cloudy but then clears
8. Wipe the top of the vial with an alcohol swab

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Precaution: Hydrocortisone ACT-O-VIAL™ contain benzyl alcohol which is contraindicated in premature infants. Therefore hydrocortisone vials without benzyl alcohol should be used. For further information, please refer to the Solu-Cortef® product information.
To draw up the injection:

- Connect the 2 mL syringe and the vial access cannula or drawing-up needle firmly together

Place the vial on a firm surface, and insert the access cannula/drawing-up needle through the rubber stopper

- With the access cannula/drawing-up needle in the vial, invert the bottle and withdraw the correct dose. If using a “drawing up needle”, keep the needle tip below the fluid level

- Change to the injection needle. Use the needle size recommended by your clinic nurse. Flick out any air bubbles and expel any excess air

To give the injection:

- Remove the needle and place in a sharps container
- Press the cotton swab firmly over the site for a few seconds

- The injection will work quite quickly, but supervision is still required
- Reassure and take the patient to hospital for review as soon as possible

Clean the skin surface with an alcohol swab
- Holding the syringe firmly, give the injection by quickly inserting the needle fully through the skin surface into the muscle layer
- Push the plunger until the dose is fully injected. This will only take about 10 seconds