

Giving your child a Hydrocortisone injections using the Solu-Cortef Acto-vial

You have been taught to give a Hydrocortisone (Solu-Cortef) injection. You would give this to your child if they are vomiting, have diarrhea, are unconscious or have a serious injury such as a broken bone.

You will need these supplies from your Emergency injection bag

- O 23 gauge 1" IM needle or O 25 gauge 5/8 "needle
- O 5ml syringe or O 3ml syringe

2 Chlorhexidine or alcohol wipes, 1 sterile gauze, and 1 Band-Aid

- o Solu-Cortef Acto-vial 100mg /2ml preparation Yellow cap DIN 00030600
- o Solu-Cortef Acto-vial 250mg/2ml preparation Red cap DIN 00030619

Amount to be given _____

To prepare the injection

1. Thoroughly clean the area where you will be preparing your injection
2. Wash your hands
3. Firmly press down on the top of the Acto-vial to force the diluent(clear liquid)from the top compartment into the lower compartment onto the powder
4. Gently rotate or swirl the Acto-vial to mix the liquid and the powder and ensure there are no white unmixed lumps. Then let solution sit for a minute until it becomes clear.
5. Remove the small plastic tab covering the centre of the stopper and cleanse with one of the wipes.
6. As you were shown , attach the needle to the syringe ensuring that both pieces remain sterile where they connect to each other
7. Remove the cap of the needle by grasping the cap at the end and carefully pulling it off and place it in the clean area
8. Insert or push the needle through the centre of the stopper.
9. Invert the vial (turn upside down) and withdraw the dose of medication slowly
10. Push the air out of the syringe to ensure your dose is only the medication. This may take a few tries to complete
11. Place cap back on needle to protect it from contamination

To give the injection to your child

1. Position your child so that the largest area of the thigh is exposed
2. Clean the skin in a circular motion with one of the wipes as you were shown
3. Remove the cap from the needle by grasping the end and pulling it off carefully
4. Hold the injection in your dominant hand, support the skin on the leg with the other hand
5. Insert the needle at a 90-degree angle with a quick dart-like motion
6. Inject medication at an even rate, approximately under 30 seconds
7. Withdraw needle rapidly and using sterile gauze apply pressure to the injection site, bleeding is normal
8. Apply Band-Aid if you prefer
9. As instructed , using push tab on the needle to cover and close the needle end
10. Place needle in sharps container or solid plastic container for disposal



For emergencies please contact the Endocrinologist on call at 613-737-7600-0

If you have questions during business hours please contact your Endocrine Nurse

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