



STEP BY STEP GUIDE: HOW TO GIVE AN IMMUNOTHERAPY INJECTION TO YOUR PET

The information in this sheet is designed to be a helpful reminder, after you have received full training from your veterinary practice, on how to safely administer an injection. If you have any questions or if there is anything you are unsure of, you must contact your own veterinary practice directly.

The first few injections in a course of immunotherapy should be given by your veterinary practice so they can monitor your pet's response. You should only administer this medication to your pet if your vet has authorised you to do so. If your pet is fearful of injections, get advice on desensitisation and whether it is safe to proceed from your vet before trying to give an injection. Try to always administer the injection during your veterinary practices normal working hours in case you want to contact them for advice or are concerned about your pet afterwards.

BEFORE YOU START

Giving an injection to your pet can be daunting at first so make sure you have everything ready to make it as easy as possible.

- Please make sure you have read and understood the instruction leaflet from the product manufacturer before you start and ensure everything is kept out of reach of children.
- We would recommend you have a few practice 'dummy runs' without actually piercing the skin to ensure both you and your pet are comfortable and familiar with the process; make sure your pet gets lots of praise or treats for good behaviour to reinforce the response you want.
- Ideally, use a quiet room or area with enough space and light to be able to see well and restrain your pet easily.
- If possible, have someone else present who can quietly distract or hold your pet still for you whilst you are giving the injection; they should also reward your pet with praise or a treat when they behave well.

ITEMS YOU WILL NEED

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| ☐ Immunotherapy vial | ☐ New syringe | ☐ Treats (if using them) |
| ☐ Immunotherapy diary | ☐ Dosage instructions from your vet | ☐ Sharps bin |

STAGE 1: PREPARING THE DOSE

STEP 1



Figure 1.
Protective metal
covering rubber
stopper

Check in your instructions what dose you are to give today. Wash your hands and then take the immunotherapy bottle out of the fridge. If you are opening a new bottle, remove the outer packaging and the protective metal disc covering the rubber stopper (Figure 1). Slowly and gently invert the bottle upside down 2 or 3 times to mix it and then place it back down.

STEP 2



Figure 2.
Inserting needle
into bottle

Take out a new syringe and remove the protective cap from the needle. Now hold the syringe in your dominant hand (the one you write with) and pick up the bottle of immunotherapy in the other hand. Hold the bottle upside down at a slight angle (Figure 2). Insert the needle carefully into the bottle through the centre of the rubber circle.

STEP 3

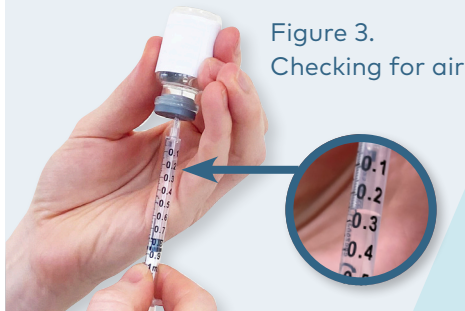


Figure 3.
Checking for air

Check that the needle tip is in the liquid inside the bottle (to ensure it will draw out liquid, not air) and then pull back on the syringe plunger so that the syringe fills up until you have slightly more than the required dose. Keeping the needle in the bottle, check your syringe for any air (Figure 3); if bubbles are present tap / flick the side of the syringe so they float to the top, then push any air back into the bottle along with the extra liquid until only the required dose remains.

STEP 4



Figure 4.
Checking the dose

Double check you have the correct volume in the syringe (Figure 4 shows 1.0ml) and then carefully remove the needle from the bottle. Put the bottle of immunotherapy back into the fridge before proceeding to Stage 2: Giving the injection.

STAGE 2: GIVING THE INJECTION

STEP 5



Figure 5.
Skin tent with
pocket shown
by arrow

Ensure your pet is adequately restrained. With your non-dominant hand (the one you don't write with), pinch a fold of your pet's skin to make a 'tent' with a pocket at the base of it (Figure 5). The injection can be given over the nape of the neck (scruff) or anywhere there is loose skin over the shoulders; try to alternate the location used between injections.

STEP 6



Figure 6.
Holding the
syringe like a
dart

The injection needs to go under the skin; to do this insert the needle fully into the centre of the tent at a 45 degree angle without applying any pressure to the plunger. Holding the syringe like a dart may help (Figure 6). Check the needle has not come out at the other side of the skin tent, if this has happened gently pull the needle out and try again.

STEP 7

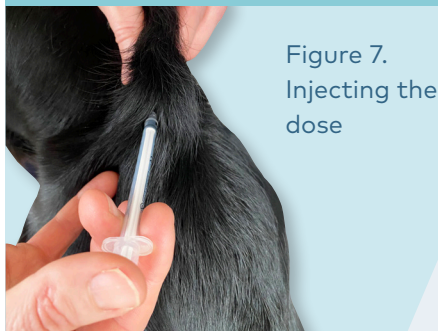


Figure 7.
Injecting the
dose

Pull back a little on the syringe plunger. If any blood appears, gently remove the needle and try again. When you are in the correct location you should feel some resistance when pulling back. Once happy with needle position, push the syringe plunger fully in to inject the whole dose (Figure 7). Now, pull the needle and syringe out completely and immediately dispose of it into your sharps bin (do not put cap back on first). Remember to praise or reward your dog for good behaviour.

STAGE 3: AFTER GIVING THE INJECTION

Write down: the date, the amount of immunotherapy given and the site of the injection in your records. Observe your pet for at least 30 minutes after giving the injection; if you notice anything unusual call your vet immediately. If you have more than one injection of immunotherapy to give (2 or more bottles), repeat the process to give the next injection but use a different location and wait between injections for the length of time advised by your veterinary practice.

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