

Mb12 Injection Instructions

Injection Steps:

Do the following in *quick succession*. You may want to *practice* the moves first using an orange

- a. Clean the area thoroughly with alcohol
- b. Note the “*target area*”. With your thumb and 3rd finger holding the middle of the syringe (similar to holding a pencil or pen but with different fingers) and your index finger on the plunger of the syringe, *quickly* insert the needle **AT A 10-30 DEGREE ANGLE** (this way it is impossible to go “too deep”) until it stops at the hub of the needle/syringe. (Think of this move as similar to *tossing a dart*.) This also allows for the injection to go **into the subcutaneous fat** and because of a “slow-leaching effect” gives **better results** than if injected into muscle.
- c. *Immediately* inject all of the solution within 1-2 seconds.
- d. *Quickly* withdraw the needle and *immediately* put it into the “**sharps container**”. (See “Sharps Container” below)
- e. If you do everything gently, your child will usually not awaken. If you do everything quickly and if your child does awaken, you “will be there” to comfort him/her immediately and your child will not know that an injection has occurred.

When is the best time?

You may do the injections while the child is sleeping or during the day. You must find a system that works for you. They are quick, essentially painless, rarely felt by the child at all, and many children never wake up.

If your child is a light sleeper and awakens whenever you attempt to give the shot at night, switch and give the shots during the day:

I do not recommend alarming a child, scaring a child, or having a child always needing to “guard his butt” from the boogeyman that’s always trying to attack him while he’s attempting to rest in peace! Therefore, with these children it is much more important just to teach the child that the shot is a part of life, just as with a diabetic child. I do not recommend a reward system unless it is absolutely the last straw. After the first few shots, the child will learn that they do not hurt and will therefore be less resistive or not resistive at all.

Is there any pain?

Your child should feel no pain at all for the majority of the shots you administer. The following information should be considered whenever you are trying to decide if your child is feeling “movement”, a “sensation of fullness”, or “true pain”.

1. Shots should not hurt if the pH is correct. The compounding pharmacist we work with gives herself a shot out of every batch to make sure it does not hurt. The pH is always tested.
2. Even in perfectly administered shots, at times there may be a set of nerve fibrils that are closer together or more sensitive than others. One cannot know ahead of time where these anatomical variations are located. If a child “accidentally” receives a shot in such a location, some discomfort or mild pain may be felt. As a general rule, if the injection site is moved an inch or two, the next shot should be fine.
3. The larger the volume of a shot, the more pressure effect/tissue stretching effect that may occur and in a sensitive child cause a feeling of discomfort. It also important to remember that the sensation of “fullness” may cause a child to “touch the spot” where you administered the shot but this does not necessarily mean that this is a “painful sensation”.

4. If you really think something may be wrong, give yourself a shot and see if it is painful.

Sharps Container?

It is important to make sure that needles are discarded properly. The following description will allow you to make a homemade version of a sharps container. Please do the following:

1. Obtain a large coffee can that has a plastic lid.
2. Make two slits at a 90-degree angle to each other in the center of the plastic lid.
3. Securely tape the lid to the can.
4. Check to make sure that you can push a syringe through the slits but that the slits are not wide enough for “little fingers” get through.
5. When the coffee can is full, securely tape it shut by covering the slits.
6. Once secured, the can may be disposed with normal trash. It is perfectly legal for “personal” medical waste to be disposed in this manner