

Oncology

Home administration of trastuzumab by subcutaneous injection

Information for patients, relatives and carers

Introduction

This information pack is designed to guide you through the safe handling of trastuzumab which is classed as chemotherapy. This is to ensure that your treatment is used for its intended purpose and that you minimise unnecessary exposure to the chemotherapy. It is not meant to replace the conversation you have with your care team about your treatment. If you have any questions please contact your care team.

Supply of trastuzumab

Trastuzumab is supplied in individual syringes in a sealed plastic bag. You will either collect the syringes from the chemotherapy day care unit or, in exceptional circumstances, they will be delivered by courier to your home address. When you come to collect the syringes, you must bring either a plastic container and a cool box, or an insulated container to ensure safe transportation home. During transit, the container should be kept in a cool place, away from direct sunlight. The journey home should be kept as short as possible.

Please tell your oncology team if there are any changes to your home address or you have concerns about the transportation of trastuzumab.

Storage of trastuzumab at your home

Please put the plastic container or bag containing the trastuzumab syringes in your fridge as soon as possible when you get home. Place the plastic container or bag directly up against the side, back or on the bottom of the fridge. The temperature of the fridge should be regularly checked and stay between 2°C and 8°C. It should be stored out of the reach of children at all times.

Safe handling of trastuzumab

- Trastuzumab is chemotherapy- you should therefore not handle trastuzumab if you are or may be pregnant, or if you are breastfeeding
- Once the trastuzumab syringe is out of the plastic bag, it should only be handled by someone trained to handle chemotherapy
- The volume of trastuzumab in the syringes is small and the risk of spillage is relatively low. In the unlikely event of a spillage, the chemotherapy spillage kit should be used and its advice followed
- Always keep the trastuzumab out of the sight and reach of children
- If a needle stick injury occurs (where the needle has pierced or scratched an unintended area of skin), the area should be washed thoroughly with water. In the event of a needle stick injury- whether to the patient or the person giving the injection- call the 24-hour emergency helpline on **020 3311 5160** immediately

Do not use the trastuzumab syringes if:

- there have been issues with the transportation of the syringe
- there are any problems with your fridge temperature including if there has been a power cut which may have affected your fridge temperature
- you notice a frozen solution within the syringe
- you notice the solution inside the syringe is cloudy, has changed colour or has floating particles in it. The solution should be clear and colourless to light yellow
- you notice any damage to the syringe or packaging
- the syringe is out of date

In the event of any of the above, dispose of any spoiled syringes in the cytotoxic sharps box provided and contact the hospital for replacement trastuzumab syringes on **0203 311 5160**

Step-by-step for self-administration of a chemotherapy injection at home

Wherever possible, please administer your injection between 09.00 and 13.00 Monday to Friday. This allows you to contact the chemotherapy day care unit if you have problems.

What you will need:

- the trastuzumab syringe
- a needle, alcohol swab and gauze
- a cytotoxic sharps box
- disposable gloves

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- disposable apron (only if a family member or carer is giving your injection- they must wear it)
 - spillage kit

Make sure you have everything that you need before starting to administer the injection and ensure there are no distractions.

Make sure you are sitting down and comfortable before starting to administer the injection.

Self-administration steps

Step one

Wash your hands thoroughly:

1. Wet your hands with running water — either warm or cold
2. Apply liquid, bar or powder soap
3. Lather well. Rub your hands, wrists and under fingernails thoroughly for at least 15 seconds
4. Rinse well under running water
5. Dry your hands with a clean or disposable towel

Step two

Check the following on the trastuzumab syringe:

- the expiry date
- any damage
- inspect the liquid in the syringe to ensure it is clear and free from particles

Check that it is the correct date for the dose to be administered.

Step three

Allow the trastuzumab syringe to come to room temperature - this should take approximately 20 minutes.

After the 20 minutes have passed:

- wash your hands again thoroughly and dry
- put on the disposable gloves

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- attach the needle to the syringe as you were shown by the nurse during training

Step four

Each time you administer trastuzumab you should inject into a different thigh (see diagram on the 'administration record sheet' below for reference)

- clean the area you are going to inject with the alcohol swab
- holding the syringe like a pen (in your dominant hand) remove the needle cover
- pinch the skin and fatty tissue between your thumb and forefingers of your non-dominant hand at the site you are going to inject
- inject the needle into the fatty tissue until the plunger of the syringe can go no further down the barrel. Hold it there for a count of 10 seconds
- keeping hold of the fatty tissue, remove the needle from the thigh
- release your grip

Step five

- dispose of the syringe and needle in the cytotoxic sharps box provided
- use the gauze to wipe up any fluid that comes out of the injection site and place this in the cytotoxic sharps box
- dispose of any used gloves and apron in the cytotoxic sharps box

Cytotoxic sharps boxes have purple lids. Do not overfill the bin. Once full, close it securely and bring it to the chemotherapy day care unit. We will give you a replacement bin.



How to get in touch

For non-urgent issues related to your chemotherapy, please call the 24-hour emergency helpline on **020 3311 5160**.

If you are experiencing side effects from the trastuzumab (please refer to the Macmillan Cancer Support Trastuzumab leaflet about side effects) or have an issue out of hours please call the 24-hour emergency helpline on **020 3311 5160**.

In the event of a clinical emergency such as chest pains, loss of consciousness, / difficulty breathing, call 999 immediately.

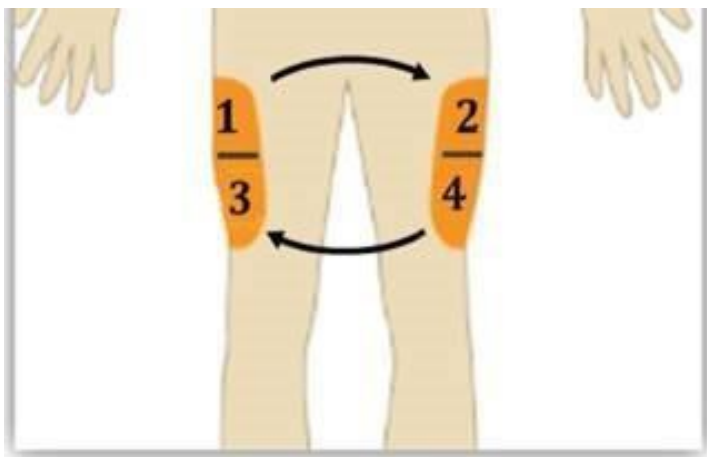
Trastuzumab subcutaneous injection site

Administration record sheet

This will provide you with a record of all your trastuzumab injection sites.

Please write down the date and site of each injection.

Make sure you rotate between the areas '1- 4' as shown on the diagram below so that you inject into a different area to the last time.



Date of injection	Injection site used (1,2,3,4)

How do I make a comment about my visit?

We aim to provide the best possible service, and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments**, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777**. You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk