

How to open your Vitamin B12 Ampoule:



To help keep the ampoule and medicine as sterile as possible, use some sanitiser gel on your hands, or wash your hands thoroughly.



A painted band around the narrow neck of the ampoule (the white line) means that the ampoule is ready to open without scoring.



If there is liquid above the white line in the ampoule, gently tap with your finger to get all the liquid to the bottom part of the ampoule.



Protect your hands from broken glass by using a paper towel, light cloth or piece of gauze when opening the ampoule.



Note: no tissue is being used while opening ampoule in this photo so that it is easy to see how to hold the ampoule. We recommend using a tissue/ gauze while opening the ampoule.



To open the ampoule, hold it with both hands, with one thumb against the narrow top section.

Hold the bottom of the ampoule firmly while pushing the top section away from you with easy, even pressure.

A light pressure should cleanly snap the ampoule open, while using too much force can cause it to shatter.

Your medicine should now be ready to be used as directed by your doctor.

Use a syringe to draw up the liquid from the ampoule.

When you have taken the medicine, discard all the pieces of the ampoule by wrapping in a tissue or paper and discarding.



If the glass shatters when you open your ampoule, wrap all the pieces in a tissue and discard.

Don't use the medicine if your ampoule shatters.

For further guidance please see the below YouTube videos for a walkthrough on how to open the Ampoule.

<https://www.youtube.com/watch?v=ie-LETlqpSs>

How to draw up the injection from the Ampoule:

To withdraw the medication from the ampoule:

1. Place the ampoule on a flat sturdy surface. Attach the needle to your syringe and then remove the cover.
2. Insert the needle into the ampoule (don't touch the edges of where the ampoule is broken). Also, do not inject air into the ampoule, this is only applicable to vials.
3. Withdraw the full amount of liquid from the Ampoule.



4. Remove the needle from the ampoule and turn the syringe upward and remove any air bubbles by flicking the syringe and using the plunger to push out the air bubbles.



How to give yourself the Intramuscular injection

1. To find the thigh injection site, make an imaginary box on the upper leg. Find the groin. One hand's width below the groin becomes the upper border of the box. Find the top of knee. One hand's width above the top of the knee becomes the lower border of the box. You will be injecting anywhere towards the middle of this box.
2. Once you have found the injection site, wipe it with an alcohol wipe provided in your pack.
3. Hold the syringe as you would a pencil.
4. With your thumb and index finger of your other hand, stretch the skin of the injection site slightly. Try to relax the muscle you will be injecting; as injecting into tense muscles will be more painful.
5. Holding the syringe straight up (90 degrees) from the injection site, insert the needle using a quick motion. A slow, gentle push will cause more pain. See Example of Intramuscular Injection below.



6. Slowly inject the medication by gently pushing the plunger until the syringe is empty.
7. Remove the needle gently but quickly, and apply pressure to the injection site with a cotton pad.

Please dispose of all used ampoules and needles in the sharps box. The Syringe can be disposed of in your normal waste.