



GIG
CYMRU
NHS
WALES

A watercolor illustration of a person with dark hair and a yellow shirt, holding a small blue vial in their hands. The background is a soft, abstract wash of blue and purple colors.

Adult Emergency Hydrocortisone Intramuscular Injection Kit

**Don't delay. Use of this
injection will not cause harm.**

1 Contents:

Plastic bag to use as surface; 2 x Hydrocortisone 100mg/mL ampoules; 2 x Syringes, 2 x Green needles; 2 x Alcohol wipes; Emergency Steroid Card; this leaflet.



Scan QR code to
access audio and video
recording of leaflet

2

Tap top of ampoule
so all fluid is at
the bottom.



Hold ampoule in one hand,
with thumb of other hand on
spot on the neck.

Snap neck with thumb.

3

Attach needle to
syringe and
remove cap.



4

Place syringe
in ampoule
with needle tip
touching the
bottom.



Pull syringe plunger
towards you to collect
all the fluid.

5

Hold syringe with
needle up and tap to
let air bubbles rise.

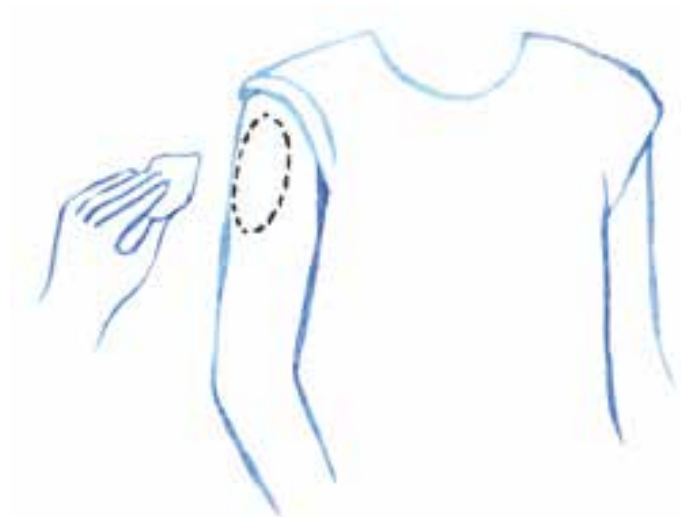
Push plunger
to remove air.



6

Locate injection site in middle outer
thigh or upper arm.

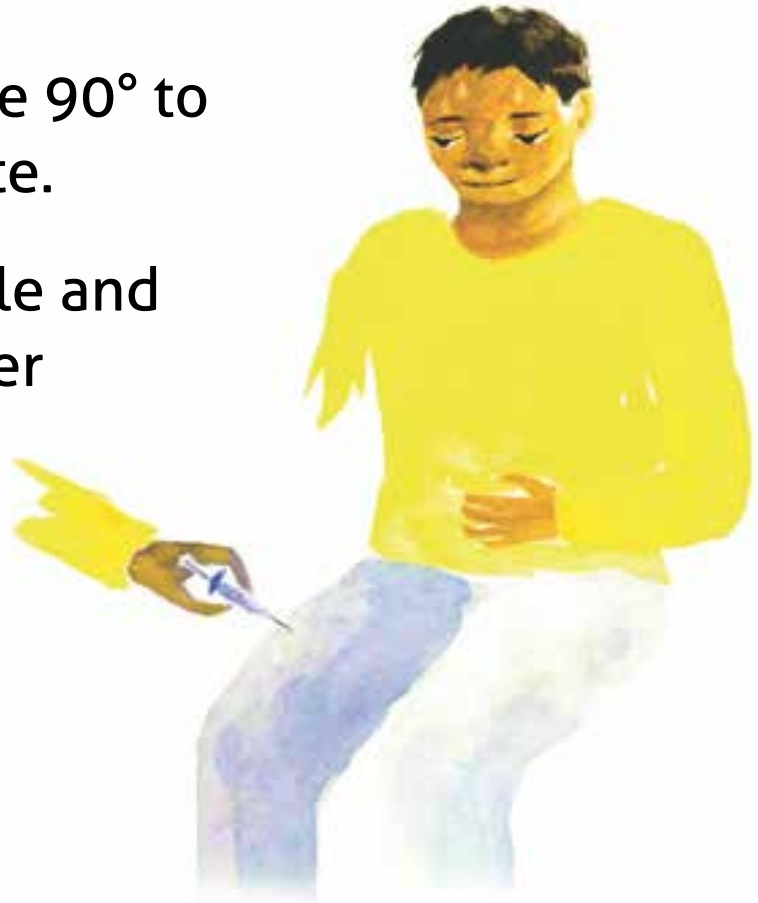
Can be given through clothing,
otherwise clean skin with alcohol wipe.



7

Hold syringe 90° to injection site.

Insert needle and push plunger to empty syringe.



8

Remove needle and syringe, cover needle with pink shield, and dispose of both in kit container.



9

Call 999 and tell them emergency adrenal crisis.

Show ambulance team the steroid card on their arrival.



10

Dispose of kit container in sharps bin in ambulance, hospital, or pharmacy.



Contact details: