



GIG
CYMRU
NHS
WALES

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



**Paediatric Emergency
Hydrocortisone
Intramuscular Injection Kit**

1 Contents:

Plastic bag to use as surface;
2 x Hydrocortisone 100mg/mL ampoule;
2 x Syringes; 2 x Blue needles;
Steroid Replacement 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.



Place syringe in ampoule with needle tip touching the bottom.

4

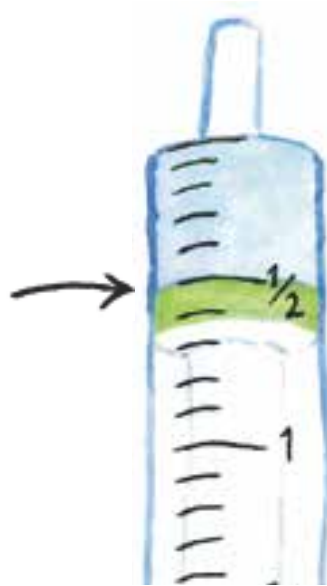
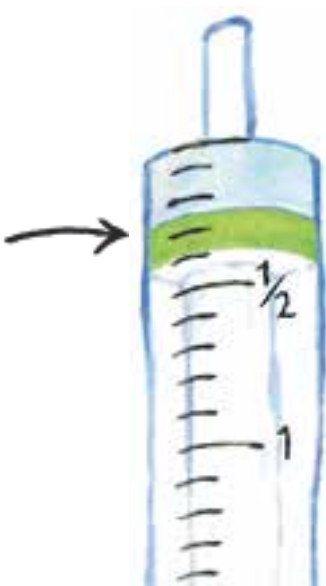
Pull syringe plunger towards you to collect the required volume of fluid:



Child less than 1 year
= 0.25mL
(25mg)

1-5 years
= 0.5mL
(50mg)

Over 5 years
= 1mL
(100mg)

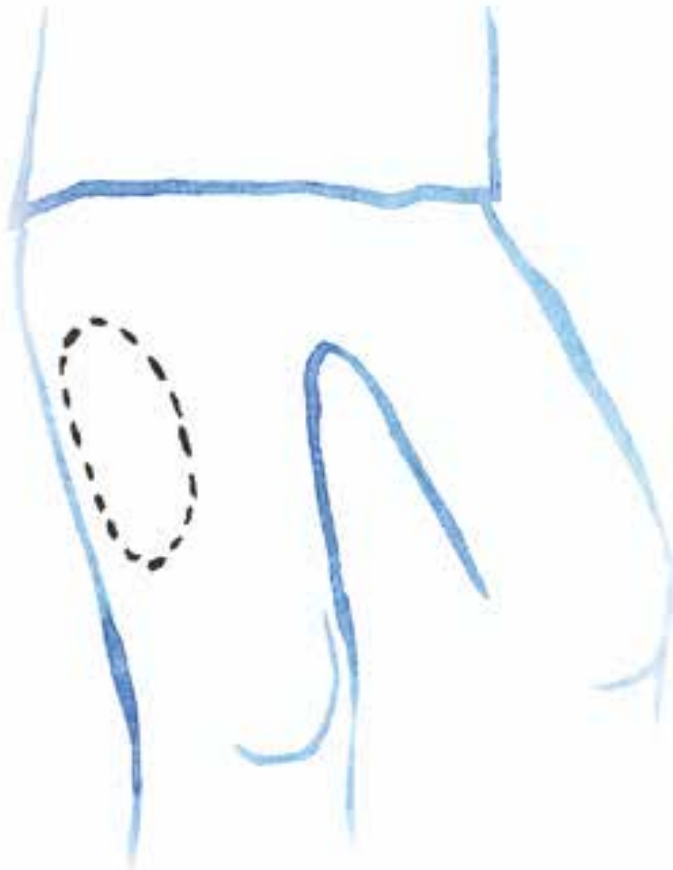


5 Hold syringe with needle up and tap to let air bubbles rise.

Push plunger to remove air.



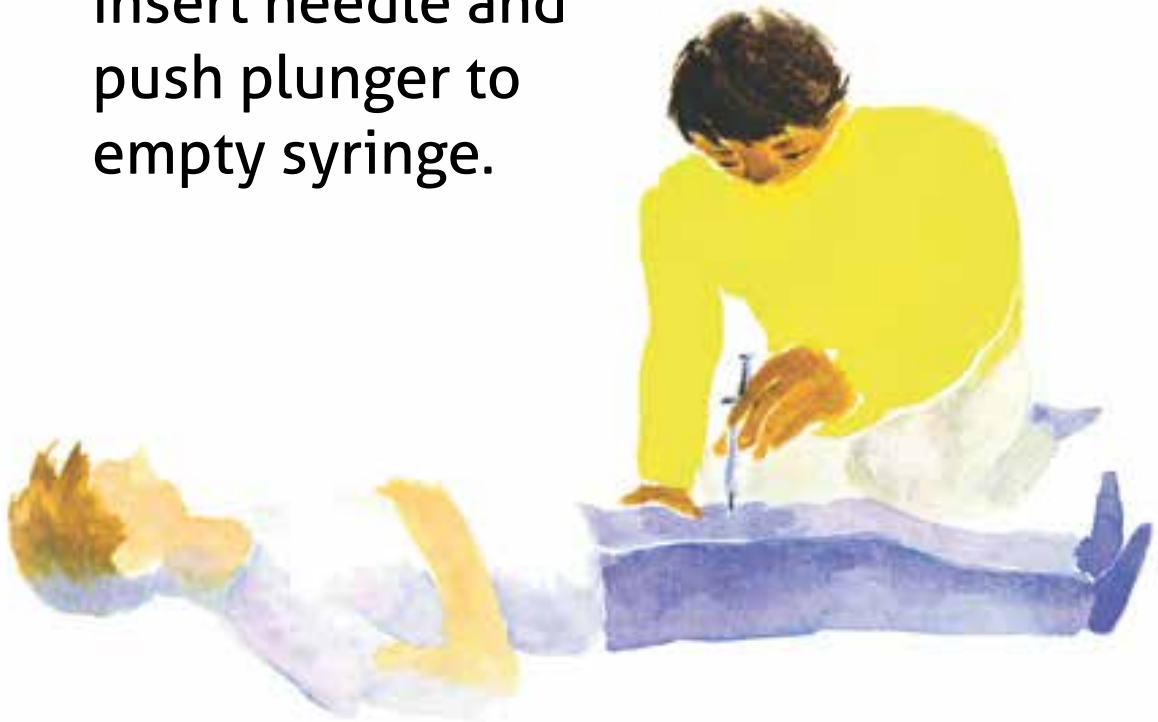
6 Locate injection site in middle outer thigh.



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 replacement card on their arrival.



10

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



Contact details: