

# Home administration of XGEVA® (denosumab) injections for patient and carers

## This leaflet is intended to help you feel confident when injecting denosumab.

Unless you have been instructed by your advising health care professional, do not try to give yourself the injection. Denosumab is a single subcutaneous injection given in the thigh, abdomen or upper arm once every four weeks. Please follow the advice of your health care professional.

Read all instructions for use thoroughly.

## What you need to home administer your treatment

**Please make sure you have the following before giving yourself the injection:**

- Alcohol wipe to clean the top of the injection vial
- Syringe for injection
- Needles
- You will also need a clean surface, e.g. table wiped with a clean damp cloth and allowed to dry
- Cotton wool ball (tissue is fine if cotton wool ball is unavailable)
- Identify an injection site. This can be on the abdomen, upper arm or thigh (the upper arm should only be used if someone else is administering the injection) with intact skin (no sores, blisters, bruises, scars, lumps/bumps or veins in the area). Please follow the advice from your health care professional

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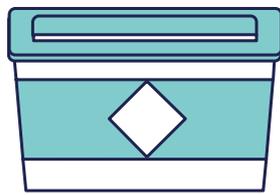
This is a patient support material developed by Amgen to support the NHS with home administration of XGEVA (denosumab). It is intended to supplement, but not replace, the guidance of your prescribing health care provider, who should be contacted if you have any questions with regard to denosumab or home administration.

**The following information has been adapted from patient information developed by University Hospitals Bristol and Weston and has been reviewed and endorsed by:**

# Preparing the injection

Remove the denosumab vial from the fridge and allow it to reach room temperature before injecting. Do not use this medicine after the expiry date, which is stated on the label and carton after EXP. The expiry date refers to the last day of that month.

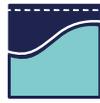
1



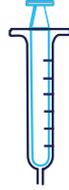
Sharps bin



Denosumab



Alcohol wipe



Syringe



Drawing up  
needle



Injection  
needle



Cotton wool  
ball (use tissue if  
cotton wool ball not  
available)

Collect your denosumab vial and all of the items needed for your injection and carefully bring them to the clean surface where the injection will be taking place.

2

Wash your hands with soap and water, and dry them thoroughly. If you are the carer administering denosumab to someone, please ensure to wash your hands thoroughly with soap and water before and after the injection.

3

Remove the protective cap from the denosumab vial and clean the rubber stopper with an alcohol wipe. Let this dry before attempting to draw up the denosumab.



4

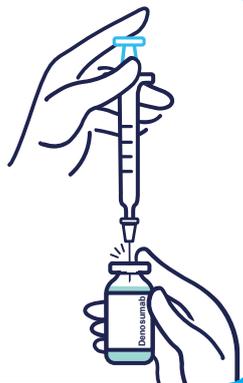
Denosumab is a clear, colourless to slightly yellow solution. It may contain trace amounts of clear to white particles. Do not inject if the solution in the vial looks cloudy or discoloured and please contact your advising health care professional.

5

Check the syringe packaging is intact, if not, please contact your advising health care professional for guidance. Otherwise, remove the syringe from the packaging and attach the drawing up needle.

6

Remove the needle cover from the drawing up needle then insert the needle down through the rubber stopper.



7

With the needle still inside the vial, turn vial and needle upside down. Ensure that the whole needle, including the tip, is fully covered by the liquid. Slowly pull back the plunger, so that the full content of the vial is drawn up.



8

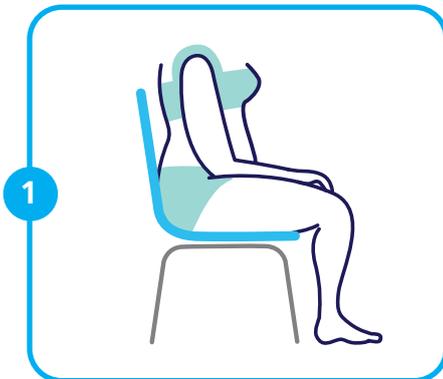
If there are any air bubbles in the syringe, gently tap the side of the syringe with your finger. The bubbles should rise to the top – very gently push the air out the syringe.

9

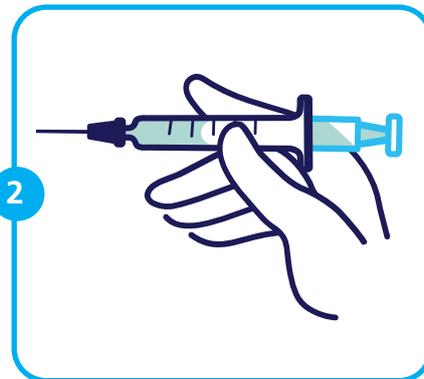
Remove the needle from the vial. Take the needle off the syringe, do not put the needle back into the needle cover but straight into the sharps bin. Place the subcutaneous needle onto the syringe leaving the needle cover in place.

# Giving the injection

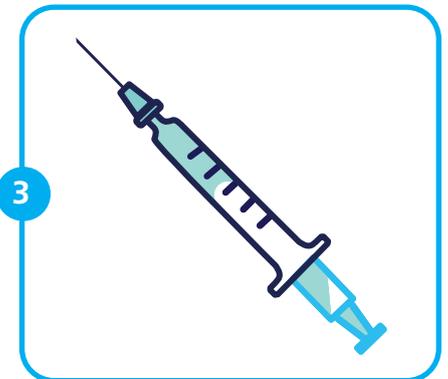
For any questions or queries, please contact your advising health care professional. Any advice you receive from your advising health care professional should supersede this document.



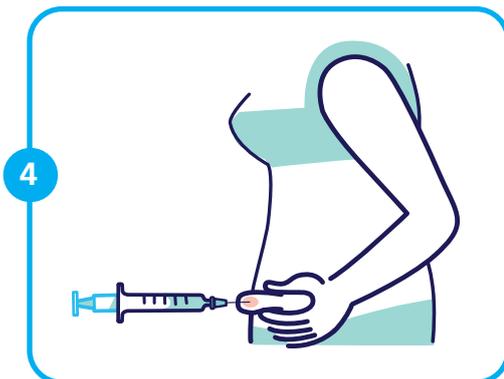
Sit comfortably and identify your preferred injection site. Clean the chosen injection site with the alcohol wipe and let completely dry. Have a cotton wool ball ready (if you have one).



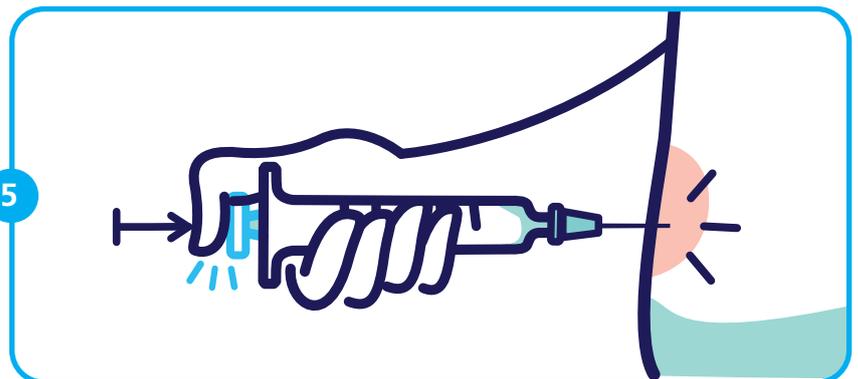
Pick up the syringe and hold it at the bottom of the barrel as if you are writing your name with a pen.



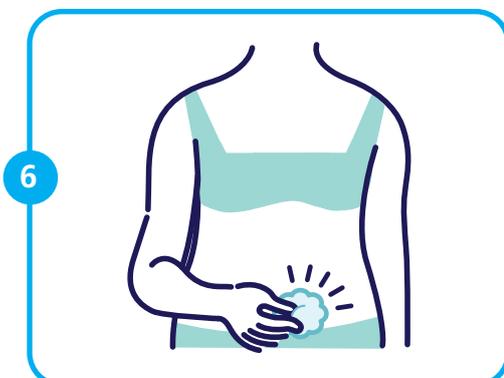
Remove the needle cover from the subcutaneous needle.



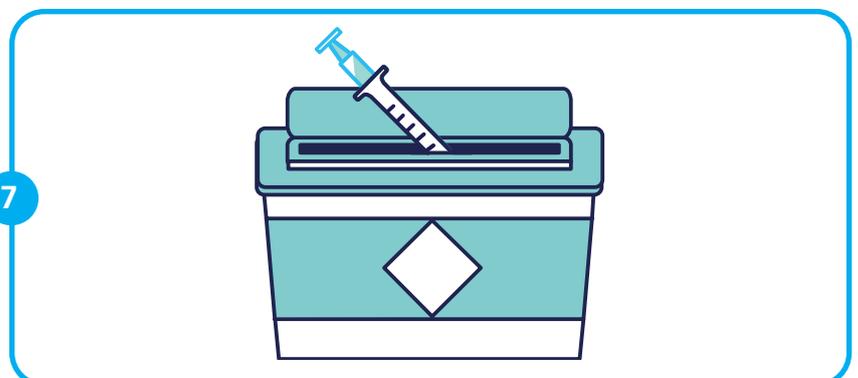
With your free hand pinch your skin at the site you are going to inject and gently insert the needle at a 45–90 degree angle.



When the needle is completely inserted, push the plunger down gently as far as it will go. The entire contents of the vial should be injected.



Once you have waited 10 seconds and the syringe is empty, remove the needle from your skin and use the cotton wool ball to apply pressure to the puncture.



Do not put the needle back into the needle cover. Dispose of the needle and the syringe in the sharps bin provided.



# Always remember to:

- Unless your health care team advise you otherwise, store the denosumab in a refrigerator (2°C–8°C)
- Do not freeze the denosumab
- Keep the vial in the outer carton in order to protect from the light
- Do not shake the denosumab
- Wash your hands before and after giving the injection
- Handle the syringe and needle carefully
- Keep the syringes in their packaging until you need to use them
- Waste should be disposed of as instructed in the sharps bin provided
- If possible, try to rotate the injection site for consecutive injections
- Keep this medicine out of the sight and reach of children

**Please refer to your copy of the denosumab package leaflet and patient reminder card for more information.**



## Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk>.

By reporting side effects you can help provide more information on the safety of this medicine.



## Contact details

**PLEASE CONTACT YOUR ADVISING HEALTH CARE PROFESSIONAL WITH ANY QUESTIONS OR CONCERNS YOU HAVE.**

Contact Details:

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