Royal Devon
University Healthcare
NHS Foundation Trust

Guide for patients / nominated person to self-administer Denosumab

Other formats

If you need this leaflet in another format such as Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Introduction

Denosumab is a injection that goes beneath the skin andinto the fatty tissue. It is used to treat metastatic bone disease (cancer that has spread) for the indications of hypercalcaemia (raised calcium levels in the blood), bone pain and to reduce future skeletal-related events (hypercalcaemia, bone pain and fractures).

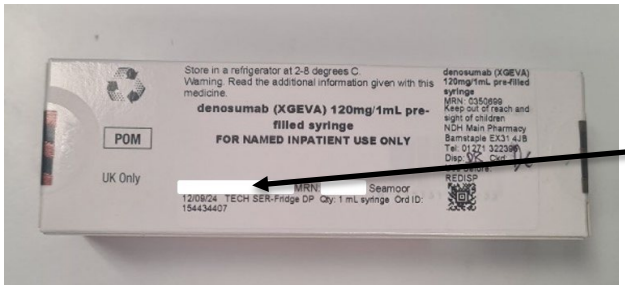
Patients or their nominated person, usually a relative or friend, are able to administer Denosumab where deemed appropriate by the nursing/medical team after adequate training.

Training

Patients, or their nominated person, who will need to accompany the patient, will receive training and be given all required information. This will include instructions and competency form.

This booklet provides a step-by-step guide to giving the injection.

Step by step guide



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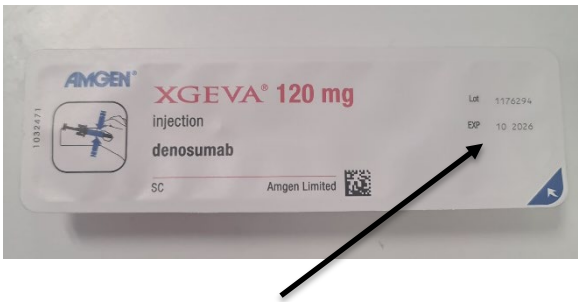
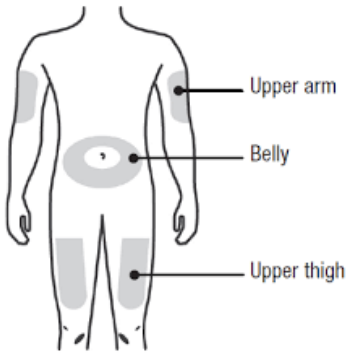


Expiry date of Denosumab

Pre-filled Denosumab injection

1. Remove Denosumab from the fridge for 10 minutes before use.
2. Wash hands with soap and water and dry thoroughly.
3. Lay out, on a clean surface, all the items you need:
    - Pre-filled Denosumab syringe
    - Gauze
    - Yellow lidded sharps bin
4. Find a comfortable position.
5. Check the Denosumab box has the patient name on it if collected from a nominated Boots.
6. Open the box and check the paper side of the packet, ensure the Denosumab is still in date.
    - The injection can be given in the stomach, thigh or upper arm. It is advised that you rotate the sites of the injection. Patients will self admininster into belly or upper thigh.



    - Remove the needle cover.
7. Pick up the syringe and, with your free hand, pinch your skin at the site you are going to inject, insert the needle at a 90-degree angle.
8. Once the needle is in place, release the pinch and press the plunger to release the medicine.
9. When you have administered the medication put the empty Denosumab syringe into the yellow/purple lidded sharps bin. Pull the lid of the sharps bin forward, but not closed, as this will lock it.

Things to remember

- Store pre-filled syringes at (2°-8°c) until you need to use them. Do not freeze.
- Keep the syringes in their packaging to protect them from light.
    - If Denosumab is a new treatment, you will need to have monthly blood tests for the first three months to check your calcium. After this, you will require blood tests once every three months and we will give three months supply of injections at a time.
- Wash your hands before and after giving the injection.
- Waste should be disposed of as instructed in the sharps bin provided. Once your sharps bin is full, please close it completely and return to the Oncology department.
- You should be taking daily calcium supplements. These should be supplied by your GP.
- Report any side effects particularly if you have any issues with your mouth, teeth or jaw.
- Report any new or unusual pain in your hip, groin or thigh.
- It is important to have regular dental check-ups, if you require any dental treatment you will need to stop taking Denosumab and this should be discussed with your oncology team.

Who to contact

Exeter Cancer Services

Non-urgent advice line: **01392 402876** (answerphone)
Monday to Friday 8am – 5pm

Nurse for urgent advice: **07825 401 059**
(24 hours a day, seven days a week)

Barnstaple Cancer Services

Seamoor Unit: **01271 311579**
Open Monday to Friday 8am – 5pm

Acute Oncology Service: **01271 334478**
Open 7 days – 8am – 6pm

Out of Hours: **01271 322577**

Explain you have cancer and are receiving treatment.

Your notes

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

You can also share your feedback on the Care Opinion website at www.careopinion.org.uk or freephone 0800 122 3135.

Scan the QR code to visit the Care Opinion website →

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www.royaldevon.nhs.uk

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