

YOUR GUIDE TO ZIVAFERT



Step-by-step instructions for administering Zivafert

Before you get started, watch the how-to video by scanning the QR code. If you're unclear about anything with these instructions or your personal dosage, please get in touch with the Numan team.

First, choose the injection site. The most common areas are the abdomen and thigh. The abdomen is often preferred because it has fewer nerve endings and blood vessels, making the injection less painful and more convenient.

Next, wash your hands thoroughly with warm, soapy water for at least 20 seconds, then dry them.

When your hands are clean and dry, double-check that all your equipment is in date and nothing looks damaged or out of the ordinary, such as discoloration or particles in any substance.

If everything looks good, you can prepare the vial.

STEP 1 Prepare the vial and ampoule

- Take the cap off the Zivafert vial and clean the top of the vial using an alcohol wipe. Then place it to one side.
- Next, pick up the Torbac ampoule, and firmly hold it in one hand with the coloured dot on the ampoule's neck facing you.
- Using the other hand, firmly and steadily bend the cap away from you until it snaps at the neck, then place the ampoule to one side. Dispose of the cap containing the broken vial top into the sharps bin.

STEP 2 Drawing up the Torbac

- Start with the blunt needle and the syringe. Open the 2ml syringe, and take it out of its packaging, being careful not to touch the tip.
- Without putting down the syringe, carefully pick up the blunt needle. You'll need to carefully pull back the blunt needle packaging to expose the open end.
- Next, you can attach the 2ml syringe to the blunt needle.
- Carefully remove the sheath, making sure not to touch the needle.

- Once ready, insert the needle into the vial of the Torbac.
- Gently pull back the plunger to draw the 2ml into the syringe.
- The best way to ensure you've got exactly 2ml, is to make sure the top of the plunger is just below the 2ml black line.
- If you have withdrawn too much, push the plunger back in until the top of the plunger is below the 2ml black line. Likewise, if you've withdrawn too little, draw up more of the solution using the same technique outlined above until you've got your quantity.
- Be aware that mixing more or less than 2ml will affect the dose you administer.
- Remove the syringe and needle from the Torbac vial. Place the Torbac vial to one side, and carefully resheath the needle.

STEP 3

Reconstitute

- Whilst holding the syringe, remove the fill needle and place it in the sharps bin.
- You can then open the fine 21G needle. You'll need to carefully pull back the 21G needle packaging to expose the open end, then attach it to the syringe while sheathed.
- Carefully unsheath the needle, and inject it into the vial with the Zivafert.
- Push the plunger so that the full 2ml of Torbac is expelled into the Zivafert vial.
- Taking care with this next step, pull back the needle out of the liquid but not entirely out of the vial. Pull the plunger to draw out 2ml of air while the needle is in the vial to equalise the pressure.
- Carefully pull the needle out of the vial and dispose of it and the syringe in the sharps bin.
- Gently roll the vial between your hands until the powder is completely dissolved, taking care to avoid creating foam. Do not shake the vial. Once dissolved, place to one side.

STEP 4

Preparing the dose

- Remove the syringe with the affixed 27G needle from its packaging.
- Unsheathe the needle, being careful not to touch the needle with your hands.
- Insert the needle into the vial containing the Zivafert mix. With the needle in the vial, turn the vial upside down, holding the syringe in place.
- Draw up the prescribed dose of Zivafert from the vial as per the label instructions.
- Hold the syringe upright and gently tap it to move any air bubbles to the top. Pull back the plunger first and you'll see the bubbles dissipate. Then, push the plunger back slowly to expel the air and any excess medication, making sure that the top of the plunger is just below the black line.
- Your dose should now be accurate.
- Next, pull the needle out of the vial and resheath. Place the vial of Zivafert to one side.

STEP 5

Final check

- Ensure the syringe contains the exact dose prescribed by your doctor.
- Please note, if you have dropped your syringe or accidentally touched the needle on any surface, discard it into the sharps bin and restart.

STEP 6

Administering the dose

- Before injecting, sterilise the injection site with an alcohol wipe.
- Use a circular motion in your designated area, which should be at least 2cm away from the belly button. Allow the area to dry.
- Hold the syringe in your dominant hand and remove the sheath.

- Pinch an area of fat with your other hand, and insert the needle all the way at a 45-degree angle. While you should be careful, it's important not to take it too slow as this can make it more uncomfortable.
- Push the plunger to inject the medication.
- Once done, remove the needle at the same angle and use cotton wool to dab the area.
- Use a plaster if you see a little blood and don't worry, that's completely normal.
- Dispose of the needle in the sharps bin. Throw the cotton wool away.
- Once everything is done, pack up the rest of the equipment and store it away in a place that's out of reach from children. It's important to store the remaining mixed vial of Zivafert in the fridge, so it's ready for your next dose. We recommend placing the Zivafert in a separate container so that it doesn't accidentally get mixed up with other things in the fridge.

AND THAT'S IT, YOU'RE DONE.

HOW-TO VIDEO

