

# At home with Granocyte<sup>®</sup> (lenograstim)

A guide to help patients, nurses, and caregivers with administration

## How is it given?

Granocyte<sup>®</sup> (lenograstim) should be administered subcutaneously - an injection just under the skin - once per day. Your doctor or nurse will inform you how much to inject, on how many days you require the injection, and what time of day you need to administer it.

## What does it look like?

Unopened Granocyte<sup>®</sup> can be stored at room temperature (below 30°C) in the original pack to protect from light. Do not freeze.

### Each pack will contain:

- 1 vial of sterile white powder (Granocyte<sup>®</sup>) within the blister
- 1 syringe containing sterile water to dissolve the powder
- 1 ivory/cream needle to transfer the water into the vial
- 1 brown needle to inject the dissolved powder under your skin

## Preparation

### Equipment needed:

- A clean, flat surface [i.e. tray/work surface] Granocyte<sup>®</sup> pack
- Sharps bin for safe disposal of used vials, needles and syringes
- Clean tissue or cotton wool



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## Method for administration

1

**Set up:** Sanitise work area and wash hands thoroughly. Open the Granocyte® pack and read the instructions.



### Notes - Granocyte® presentations

Information concerning the updated packs and syringe markings.

- Glass syringe filled with sterile Water for Injections, with Luer-Lok™ integrated rubber tip-cap. Syringe has scale at 0.1 ml and is marked at 0.2 ml intervals.
- Hypodermic needles, colour-coded: ivory (white) 19G needle for reconstitution, and brown 26G for injection.
- Glass vial containing the medicine as a dried powder, with rubber stopper and flip-off cap.

### Notes:

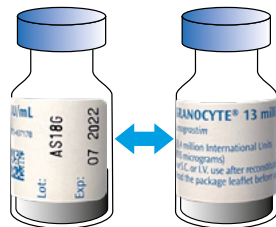
- **[#4]** To remove the syringe tip-cap, hold the syringe pointing up. Tap it to ensure air is at the top. Hold the lower half of the clear plastic part and twist anti-clockwise the top half to remove it. Do not touch the tip.
- **[#12]** If you twist it the wrong way, it will immediately feel very stiff and if continued the plastic collar will come off together with the needle. If so, you can still attach the brown needle to the syringe with a push-and-turn action without the collar.

Blister pack should be sealed.

**Do not use product if it is not sealed.**

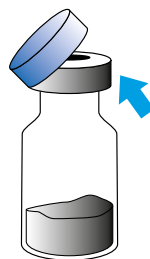
2

**Check the label for expiry date and dosage.** The date is the end of the month/year shown.



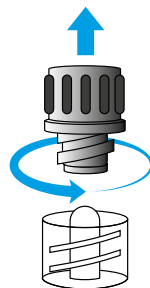
3

**Flip the lid** off the vial, exposing the rubber stopper. Do NOT try to remove the stopper.



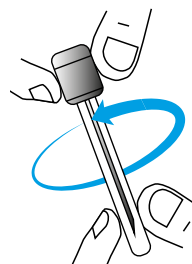
4

**Unscrew anticlockwise** the top part of the syringe cap to remove it with the grey rubber tip cap. Avoid touching the tip of the syringe.



5

**Hold the ivory needle container** at both ends, twist the cap to remove it.

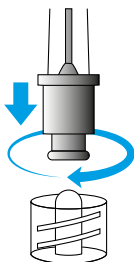


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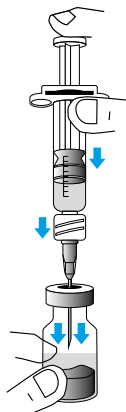
6

**Holding the needle sheath,** attach the needle to the syringe by rotating clockwise until click.



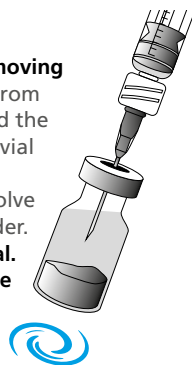
7

**Put the vial on a flat surface.** Pull off the needle sheath. With both hands, hold the syringe and insert needle through centre of stopper. Slowly inject contents into the vial.



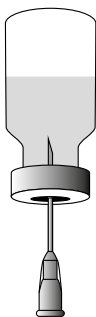
8

**Without removing the needle** from the vial, hold the syringe and vial and gently swirl to dissolve all the powder. **Swirl the vial. Do not shake the vial.**



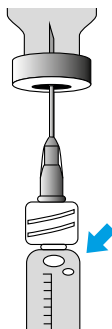
9

**Turn the vial and syringe upside down.** Make sure the needle tip stays under the surface of the liquid and slowly withdraw all liquid from the vial. Do not remove yet.



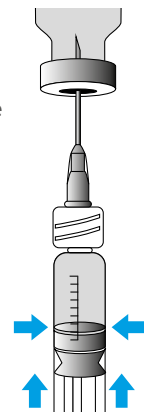
10

**Check for air bubbles** - if present tap or flick the syringe with one finger to send bubbles to top. Gently push the plunger to expel air into vial. Withdraw liquid again if necessary.



11

**While still attached,** read the top of the black plunger stopper to ensure the accurate volume you have in the syringe, gently push the plunger upwards until you have the correct volume in the syringe.



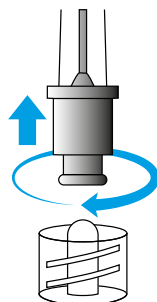
12

**Turn the vial upright and hold just above a flat surface.** With two fingers, hold firmly the syringe body. Viewed from above, with the other hand twist anti-clockwise the plastic collar. The needle and vial will "drop" free - to be disposed of at the end.



13

**Twist to remove the cap from the brown needle container.** Hold the needle sheath and attach the needle to the syringe by rotating clockwise the needle sheath or the syringe. Leave the sheath in place until ready to inject.



Please go to next page for: Giving the injection

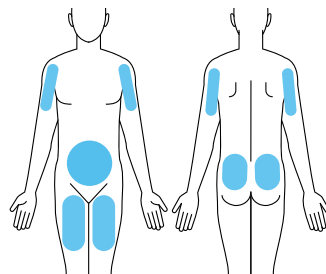
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## Giving the injection

The easiest places to inject are the front and middle of your thighs, the front of your abdomen below the belly button, or the upper outer area of the arm.

You will need to inject in a different site each time.



1

**Pick up** the loaded syringe and remove the needle sheath.

2

**Holding the syringe** like a pen in one hand, use the other hand to pinch up a fold of skin at the chosen injection site.

3

**Quickly push** the needle into the fold of skin at an angle of 45°.



4

**Slowly push** the syringe plunger until the contents have all been injected.



5

**Pull out the needle,** keeping it at the same angle as when it went in.

6

**If there is any leakage** from the injection site, press with a clean tissue or cotton wool for a few seconds.

7

**Place the syringe** with the brown needle still attached into the sharps bin. Place the vial together with the white needle into the sharps bin.

### 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.

