

Patient information factsheet

Denosumab for self-administration

Your doctor has offered you a medicine called denosumab as part of your cancer treatment. Denosumab is given to people whose cancer has spread to the bones. It can help to strengthen bones, reduce bone pain, and lower the risk of problems such as breaks (fractures).

We hope this factsheet will help to answer the questions you may have about giving your own denosumab injection at home (self-administration). We will also give you another information leaflet about denosumab, available from: www.macmillan.org.uk

How denosumab is given

Denosumab is given as an injection under the skin, once every four weeks. It can be given in hospital by a nurse, but you can also learn to give the injection at home yourself. This would save you coming into hospital for an extra appointment.

You will need to have a blood test to check your calcium levels before you have this medicine. The doctor or nurse will check these blood results and let you know what the outcome is before they ask you to inject the medicine at home.

Giving your own denosumab injection at home

The nurse will explain how to give your own denosumab injection at home. They will watch you give at least one injection to make sure you can do this at home safely. We will also provide you with a video that you can watch at home to help you carry out the injection.

We have given a step-by-step description of the procedure below. You can use this as a reminder, but if you are unsure about something, please use the contact details provided by your doctor or nurse.

To inject denosumab you will need:

- a clean, flat surface
- vial of denosumab 120mg
- cleaning wipe
- vial spike
- syringe
- orange needle for injection
- sharps bin
- gloves (if someone else is doing the injection for you)

Patient information factsheet

Injection procedure

1. Wash your hands.
2. Prepare the equipment.
3. Attach the vial spike to the syringe.
4. Remove the lid from the denosumab vial and clean the top with the cleaning wipe .
5. Insert the vial spike and draw back all the liquid in the vial into the syringe.
6. Unscrew the syringe and place the vial spike and the vial in the sharps bin.
7. Attach the injection needle to the syringe.
8. Select the area of the abdomen or arm to inject and pinch the skin.
9. Insert the needle at 90° into the pinched area all the way.
10. Push down until all the injection is administered.
11. Remove the needle and syringe.
12. Dispose of the needle into the sharps box.

How to store denosumab

Denosumab should be stored in the fridge (between 2°C and 8°C). It must be used within 30 days once removed from the fridge. It is a good idea to take the denosumab vial out of the fridge around half an hour before giving the injection to bring it up to room temperature. Keep it out of reach of children and pets.

Further information

You can find more information about denosumab at: www.amgencare.co.uk/xgeva

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