



Learn to Self-Treat

Learning to self-infuse

If you need to be treated with factor infusions, it's good to learn how to self-treat if you can. You will have much more independence and it's more likely you can go on school trips and holidays.

Usually, your centre will teach you how to self-treat. We have a few top tips here **for information only**. Everyone is different! Ask your centre first.

Before you Start

You must get everything really clean - the area, your hands, the area you're going to inject, and the tops of the factor bottles. Lay out everything you'll need ready and mix up your factor according to the guidelines - it depends which product you use. Remember not to touch anything again once you have sterilised it. When you clean an area with alcohol, it's important to let it dry before starting.



Finding a vein

Some people use their elbows, some the backs of their hands. Find somewhere that's good for you. Make a fist or squeeze a soft ball to help a vein pop up. You can use a tourniquet to help the vein stand out - ask your centre to show you. It's also easier to find a vein if you are warm, as when you're cold they hide!

Put in the butterfly needle at an 20-30 degree angle, not straight in, with the bevel pointing up. If the needle is in the vein you should see a 'flash-back' of blood into the tubing.

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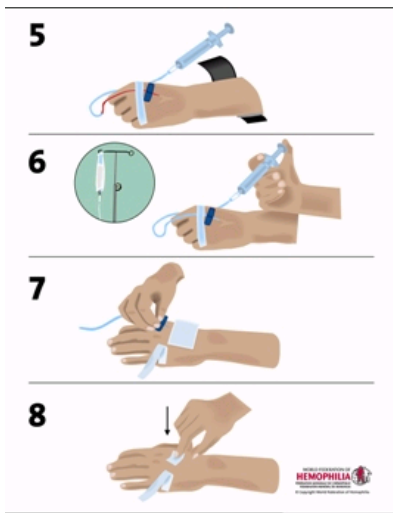


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Clean Up

After you've infused get rid of all your waste and needles in a sharps bin, clean up, and record the treatment. This is really important - if you have a bad reaction to the factor the hospital need to know how much you had. It's useful too to know who had exactly which batch of product. You're all done!