

How some patients Multi-dose with Pegasys syringes

This is not medical advice, and should not be read as such. You should discuss your own particular circumstances with your haematologist. If you have any concerns or queries, talk to your doctor or haematology practice nurse.

Firstly we follow the protocols in the two videos on the MPN AA website.

<https://www.mpnallianceaustralia.org.au/understanding-mpn/treatments/interferon-alpha/#Videos>

IF WE MULTI-DOSE WE ALWAYS USE A NEW CLEAN NEEDLE ON THE SYRINGE FOR EACH DOSE

1. We make sure we have as sterile environment as possible. We make sure our hands are freshly washed well with handwash and water and dried on kitchen paper before we start.
2. We spread two clean sheets of kitchen paper onto our clean kitchen bench and set out our supplies on the kitchen paper.
3. We remove the Pegasys vial we are going to use from the fridge and return the unused ones in the packet immediately to the fridge.
4. The Pegasys liquid in the syringe should be clear and colourless. We would not use the syringe if the contents look cloudy or yellowed.
5. We use a medi-wipe to clean the area of the belly or thigh into which we usually inject.
6. When multi-dosing, we do not warm the Pegasys in our hands as shown in the videos above, as we want it to stay cold for future doses from that syringe.
7. We take off the grey rubber cap of the syringe without touching the tip of the syringe and carefully place the cap onto the kitchen paper without touching the open end of the cap.
8. We open the needle packet without touching the needle and carefully attach the needle to the end of the syringe with the needle cover still in place. We make sure the needle is secure by gently twisting it around the base of the needle. Then we can remove the needle cover.
9. If it is our first dose from the syringe, we hold it upright and flick with our fingers to release any air bubbles to the needle end of the syringe.
10. Then, holding it upright, we carefully depress the plunger to the 180 or 135ug mark on the syringe, depending on what size syringe we have.
11. We are now ready to inject ourself.

12. We follow the injection video and when we have injected the necessary amount, we remove the syringe and needle from our body. Holding the syringe upright, we then replace the needle cover. Using a gentle twisting action we remove the needle from the end of the syringe.
13. We take care not to touch the open end of the tip of the syringe.
14. We discard the used needle immediately into our sharps container.
15. We then pick up the grey cap of the syringe from the kitchen paper, and recap the syringe, without touching the tip of the syringe or the open end of the cap.
16. Then we put the capped syringe straight back into the Pegasys packet in the fridge.
17. When it is time for our next dose, we repeat the procedure above.
18. If we have any doubts that the Pegasys syringe may have become contaminated, we would discard it safely and use a fresh syringe.

Obtaining extra needles

If you decide with your haematologist that you are going to multidose, you will need additional needles. The size on the Pegasys syringes is 27 gauge x 1/2" (0.40 x 13mm). This is the size you would need to order. Your pharmacy have them or may be able to order them in for you.

You can also obtain them online. We have found two Australian websites but there are more that came up after a quick search. Prices vary but including delivery you should not have to pay more than \$30 for 100 needles delivered to your door. Here are examples of two Australian websites.

https://www.mec.com.au/Medical-Consumables/Syringes-Needles/Needles/terumo-0?srsId=AfmBOopU1H_sq6yJtn4s3_EDN-7MSW9_L5iJi4-nK5sYFMfZSJqgcZ

(cost seems to be about \$25 including delivery but please check before finalising your order)

<https://medilogic.com.au/products/terumo-needle-agani-27g-x-13mm-1-2-box-100>

(cost seems to be about \$30 including delivery but please check before finalising your order)

