

What is an injection?

An injection is putting medicine under the skin using a small needle.



I give my injections names so they are less scary... methotrexate is 'Monkey' and anakinra is 'Alligator'



Why do I have to have injections?

Some medicines are given by injection because they are only made as injections or because they work best that way. If you have to have injections it is because the doctors think it is the best way to make you better.

I always try and remember that my injection is important and I need it to get better – this helps me to put up with having it every week

Who will give my injections?

Your injections can be given by a nurse in hospital or you or your parents could learn to give them.

Both of my parents have been taught to give my injections so I like to choose who gives it, my parents like that too!

Will my injections hurt?

There are ways to stop your injection from hurting, your nurses and doctors will be able to tell you more about them.

I use the buzzy bee and the cold spray at the same time – that way I KNOW it's not going to hurt!



I don't use the magic cream because then you have to wait for it to work and that makes me worry

What choices can I make about my injection?

By making some decisions about your injections yourself you will feel more in control and comfortable about having them.

I was allowed to choose whether I have the injection before or after school – I like it before school so I don't worry about it all day

I decide which room I have the injection in & who else is there

Sometimes I like to watch and sometimes I don't but it's my choice and no-one tries to tell me what to do



Whoever is going to give your injection will get everything ready and let you know when it is time to have it, sometimes a 20minute & 10 minute warning can help to prepare you for the injection.

I used to make excuses to delay having my injection but it's much easier to just get on with it

I like everything to be kept out of sight until it's time for my injection

What can I do during the injection to make it feel better?

Distraction is a great way to take your mind off having your injection.

I play a computer game

I count to 10...it's always over before I get to 10!

I squeeze my mum's hand – she says that hurts more than the injection!

I do something funny or tell a joke

I cuddle my teddy bear as hard as I can

Read a magazine or watch TV

I sit as still as I can

What can my parents do to make my injection better?

Parents don't like giving you injections! There are some things that your parents can do which will help to make the injections better for all of you.

Mum sets a time limit – I have to have my injection within 2 minutes of her telling me it's ready (it used to be 10 minutes but it's much quicker now!)

I want my parents to be honest with me and tell me when I'm going to have my injection – it's not a nice surprise to get!



I like my dad to be quick but I know some people prefer it slowly – I don't think it matters as long as it's done the way I want it

Do I get a reward after my injection?

Having regular injections is a very brave thing to do and if you have them within the time limit you've been set you definitely deserve a reward!

I have a big cuddle

I watch whatever I want on TV

I get a high 5 from everyone in the house!

Chocolate!!!!

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Author/Contact:

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Jenny Edgerton
Michelle Loveley

Sheffield Children's 
NHS Foundation Trust

If you are finding injections difficult please contact the rheumatology nurses for more advice or to discuss access to the Family Group or Psychology Service.

0114 271 7786

rheum.nurses@sch.nhs.uk



My Injections

This leaflet has been written by rheumatology patients at Sheffield Children's Hospital and is designed to help you manage having regular injections.

For further advice contact:

Main hospital number: 0114 271 7000

Patient Advice & Liaison Team (PALS)
The Children's Hospital
Western Bank
Sheffield
S10 2TH

PALS office: 0114 271 7594

www.sheffieldchildrens.nhs.uk

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www.tchc.org.uk

Tel: 0114 271 7203

Email: charity@sch.nhs.uk

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