

Is there anything else I need to know?

A patient information leaflet for filgrastim will be provided with your take home medication. This will provide you with additional information regarding your filgrastim injections.

Useful contact details

Oncology/Haematology Pharmacists - Telephone **01438 284712** or
01438 285394

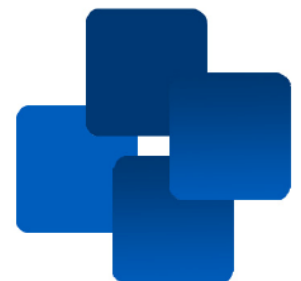
Email: pmupharmacist.enh-tr@nhs.net

Patient Information

Filgrastim

Granulocyte-Colony Stimulating Factor (G-CSF)

Pharmacy Department



Introduction

The purpose of this leaflet is to remind you of the information and training given to you by your pharmacist/nurse about how to give yourself filgrastim injections at home.

What is filgrastim?

Having chemotherapy for cancer can affect your bone marrow, reducing your ability to make new white blood cells. This is called neutropenia and can increase your risk of infection.

To help strengthen your immune system, your doctor may prescribe a treatment called Granulocyte-Colony Stimulating Factor (G-CSF), which helps your body to make more white blood cells.

The name of the G-CSF prescribed at East and North Herts NHS Trust is called **filgrastim**.

How do I store filgrastim injections?

Filgrastim injections **must be stored in the fridge** between 2°C - 8°C. Keep the syringes in the original packaging in order to protect from light.

When should I administer filgrastim?

The first filgrastim injection is usually given on the fourth day of your chemotherapy cycle for a total of seven days.

Some chemotherapy treatments might require you to administer the filgrastim syringes on a different day. Your pharmacist/nurse will explain this to you in detail if you are to have the injections on a different schedule.

How should I administer filgrastim?

The injection should be given under the skin (subcutaneously) once a day, at about the same time each day:

- 1) To minimise any discomfort, leave the syringe you are intending to use for that day out of the fridge for 30 minutes before injecting.
- 2) Wash and dry your hands thoroughly.
- 3) Choose your injection site - this can be either the abdomen or the front of the thigh.
- 4) Remove one syringe from the pack and remove the protective cap from the injection needle.
- 5) Pinch the skin with your thumb and forefinger to form a skin fold.
- 6) Insert the needle at a 45° angle into the skin fold with a quick, firm action.
- 7) While keeping your skin pinched, push the plunger down slowly until all the dose has been given.
- 8) Remove the needle whilst maintaining pressure on the plunger, then let go of your skin.
- 9) Let go of the plunger. The needle safety guard will rapidly move to cover the needle.
- 10) Place the used syringe into the sharps bin provided.

What side effects could I experience?

The common side effects you could experience are headache, diarrhoea, vomiting, nausea, tiredness and sore mouth.