

# Instructions for Subcutaneous Injection

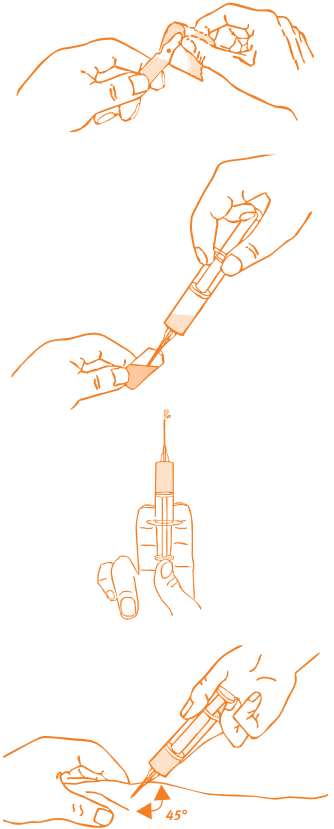
**Your doctor or their staff should show you this technique, and watch you to be sure you are doing it correctly.**

1. Remove one ampoule from the package. **Pay attention to work your way from the left-hand side of the package to the right-hand side!**
2. Open the ampoule by snapping it backwards at the red dot.
3. Place the injection needle (already attached to the syringe) into the ampoule and remove the contents by drawing back on the syringe. Be careful not to bang the needle on the side or bottom of the ampoule as this dulls the needle and results in a more difficult injection.
4. If some air is remaining in the syringe, hold the needle upright and slowly push the plunger until a drop of fluid comes out the top of the needle, indicating that the air is removed.
5. Clean the injection site. Take a skin fold between your thumb and index finger and insert the short needle entirely with your other hand at a 45 degree angle.

Check whether the needle is inserted correctly by depressing the plunger. If blood appears in the syringe, pull the needle back and insert again at a shallower angle.

6. Inject the entire contents of the syringe slowly into the fold of skin.
7. **Dispose properly of the needle and ampoule in a sharps container (available from your local pharmacy). The syringe can be disposed in normal household waste.**

**Take care to rotate injection sites, and to inject as far away from recent injection sites as possible. The induction phase of mistletoe therapy should be under the supervision of your doctor.**



## Appropriate injection sites are ...

- ... the abdomen
- ... upper thigh
- ... upper arm

## Do not inject in ...

- ... Inflamed skin (such as an inflamed area from an earlier injection)
- ... Fresh scars
- ... Radiation fields
- ... The breast or arm next to the breast where you have had surgery

# Important Information about Reactions

The optimal dose can be determined by observing the following reactions, alone or in combination:

- Improvement of general condition
- Improvement of particular complaints
- Slight increase in body temperature (0.5 – 1.0 °C)
- Redness and swelling (so-called local reaction) at the injection site (maximum diameter 5 cm), measured 1 – 2 days after the injection



Desired local reaction  
up to 5 cm (2 in) in diameter

Please inform your doctor if you experience one of the following symptoms:

- Redness and swelling at the injection site (local reaction) more than 5 cm in diameter
- Fever or flu-like symptoms
- In these cases, the next injection should wait until the complete resolution of the symptoms, and the dose should be reduced.
- Increase in temperature which lasts more than 1 – 2 days, as you may have an infection which requires treatment
- Allergic reaction such as an itchy rash (nettle rash, urticaria), swelling in the face (Quincke's edema) or shortness of breath

**In these cases immediately seek the attention of your doctor!**



Excessive local reaction  
more than 5 cm (2 in) in diameter

## Information on Local Skin Reactions

During the early phases of treatment a transient local reaction (redness, swelling, and induration of the skin) may occur at the injection site. This is a normal, therapeutically desired reaction and **does not indicate an allergy**. On the contrary, the local skin reaction indicates that the immune system responds to the therapy.

According to the size of the local reaction, please note:

- |   |                                |
|---|--------------------------------|
| No reaction                             | ▶ continue to increase dose    |
| Desired reaction up to 5 cm in diameter | ▶ maintain dose                |
| Reaction of 5 cm in diameter            | ▶ reduce dose by one strength  |
| Reaction of more than 5 cm              | ▶ reduce dose by two strengths |

**Important: Before the next injection, always wait until the previous reaction has faded away.**

After several weeks of therapy, no more skin reactions usually occur due to the changed immunologic responsiveness. In this case, the dose of Helixor® can be increased again.