

Do I need a sharps container?

YES if you use Blood Glucose Tests and/or Insulin injections

How do I get a sharps container?

- Ask your GP to prescribe a sharps container
- Collect your sharps container from your pharmacy – it will be assembled for you and the pharmacist will demonstrate how to use the temporary and permanent closure mechanism.
- The pharmacist will put the usual dispensing label onto the sharps container.

What do I do with it when I get home?

- Put your used blood test strip and lancet (needle that pricks your finger) into your sharps container immediately after use.
- For insulin or other injectable medicines (e.g. Byetta / Exenatide):
 - If you use a pen device - unscrew the needle from your pen and drop it into your sharps container
 - If you use a syringe – drop the syringe and needle into your sharps container
- Use the temporary closure to secure the top of the sharps container (this will mean the lid can still be reopened)
- Store all sharps containers and unused sharps safely out of reach of others (especially children)

When do I need to replace my sharps container?

- Ask for a new one before the contents reach the fill line on the label
- Keep a spare empty one at home

What do I do with my used sharps container?

- When the contents reach the full line permanently close the container so it will not open again and write the date on the label
- Return your full and securely closed container directly to your GP surgery

Is there anything else I should know about sharps equipment?

- Never share or reuse your lancets, blood test strips, syringes or needles
- Never empty the contents of your sharps container into another container of any sort
- Never put your sharps container in normal household rubbish
- You should be the only person who deals with the disposal of your needles, lancets and blood strips. **If you need assistance to do this contact the nurse involved in your diabetes care for further advice**
- If you are assisting a child with blood glucose testing or insulin injections discuss the procedure for disposal with your Diabetes Specialist Nurse

What could go wrong?

If you follow the tips in this leaflet you should be fine but if:

- The container is spilled use a dustpan and brush to sweep up the contents and tip back into the container. Be careful to make sure no glass or sharps are left on the brush, the area is clear and completely cleaned, including the dustpan and brush.
- A person other than yourself has an accidental needle stick injury from your equipment he/she should:
 - Encourage the area to bleed and wash the area
 - Put a plaster on
 - Seek medical advice at once

This leaflet has been produced by the Community Specialist Diabetes Service, the Medicines Management Department, and the Infection Prevention Team at Solihull NHS Care Trust.

For further information please contact your practice or district nurse at your GP surgery or diabetes specialist nurse.

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まで郵便、あるいは電話 0121 711 7171 にてご請求ください。

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Telephone: 0121 711 7171 Fax: 0121 711 7212
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Information for people with diabetes

Disposing of
used sharps
equipment
safely