

Instructional Video Clip

Scan the QR code below to watch the instructional video on performing a white blood cell booster self-injection.



You can also visit <https://for.sg/wbcbooster-injection> to watch the video.

Clinics 1C and 5A

TTSH Medical Centre, Level 1 and 5

Contact:

6357 7000 (Central Hotline)

9436 7987 (CancerCare Line)



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

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Department of
NURSING

Self-injection of White Blood Cell Booster



White Blood Cell Booster Injection

Chemotherapy works by fighting against cancer cells in your body. However, chemotherapy may also affect the production of healthy blood cells, including a type of white blood cell (WBC) called neutrophil.

Neutrophils play an important role in helping your body fight against infection. When the neutrophil count becomes low, your risk of getting an infection increases. It is important to maintain sufficient neutrophil counts while undergoing cancer treatment.

Your doctor will prescribe an injection to be given under the skin (subcutaneously) called Filgrastim or Pegfilgrastim – also known as the “white blood cell booster” – to increase your neutrophils (WBC) count.

Items You Need:

- Alcohol Swab x 1
- Plaster x 1
- Injection x 1



Storage Conditions

- Keep in refrigerator at temperature of 2°C to 8°C
- Do not freeze or shake the injection
- Protect from light

Steps to Perform Self-injection of White Blood Cell Booster Under the Skin (subcutaneous):

Step 1:

- Remove injection from the fridge 30 mins before use.
- Prepare the items you need for self injection.
- Disinfect your hands by washing with soap and water.

Step 2:

- Choose the injection site.
- It should be 2 fingerbreadths away from your belly button.



Step 3:

- Clean the injection site using alcohol swab and let it dry.



Step 4:

- Remove the cap of the booster injection.
- Be careful not to prick yourself.



Step 5:

- Pinch a large area of abdominal fats to create a firm injection site.



Step 6:

- Insert the needle directly into skin at approximately 45 degrees angle.
- Push the plunger all the way down until you hear a 'click' sound (releasing of the spring).



Step 7:

- Release your pinch and let go of the plunger.
- Remove the injection carefully.

Step 8:

- Apply pressure on the injection site for a one minute using the alcohol swab.
- Apply plaster if necessary.
- Do not rub/massage the injection site.

Step 9:

- Discard used injections into an empty container.
- Ensure the container is made of hard plastic or metal so that it does not puncture easily.
- Close the container tightly with a lid.

