

TinaGrast Injection Guide

Filgrastim 300 micrograms in 0.5 mL

For injecting TinaGrast, specific injection sites are recommended. These include the outer or upper arm, a 5 cm area around the navel, the upper buttocks, and the upper thigh. To reduce pain before the injection, you may apply an ice pack to the injection site.

To reduce discomfort, allow the pre-filled syringe to sit at room temperature for 30 minutes before injection.

Use a different injection site each time.

Do not inject into areas that are tender, red, bruised, or have cuts.

Remove the syringe from its packaging.

Remove the rubber needle cap.

If you see air bubbles, gently flick or tap the syringe several times so the bubbles move to the top, then push the plunger slightly to expel the air bubbles.

Wash your hands with soap and water.

Disinfect the injection site using an alcohol pad.

If you see air bubbles, gently flick or tap the syringe several times so the bubbles move to the top, then push the plunger slightly to expel the air bubbles.

Hold the pre-filled syringe in one hand.

With the other hand, gently pinch the skin.

Hold the syringe like a pencil and insert it into the skin at a 90- or 45-degree angle, then inject the medication.

Remove the syringe gently and place a cotton ball over the injection site.

Avoid rubbing the injection site.

Recap the syringe and dispose of it in a sharps or appropriate waste container.