

## THE NORTH THORESBY PRACTICE

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### **Protocol for Nurse Management and administration of subcutaneous injection of Zoladex**

Zoladex injections are a specialist only prescribed medication. Zoladex injections are also known as Goserelin. These injections are available in two different doses and its indications may differ for use, dependent on the dose.

3.6mg can be prescribed for those patients with

- prostate cancer
- endometriosis
- endometrial thinning prior to intra uterine surgery
- before surgery in women who have anaemia due to uterine fibroids
- Pituitary desensitisation before induction of ovulation by gonadotrophins for in vitro fertilisation (after exclusion of pregnancy) (under expert supervision)
- Advanced breast cancer
- Early breast cancer

10.8mg can be prescribed for those patients with

- prostate cancer

#### Prior to consultation

- check the consultant prescribing instruction as attached in the patients records, filed within the communications and letters file

- Check when the patients last injection was administered to ensure they are due their injection at the time of the appointment
- Ensure you are fully aware of the drug and it's side effects and are up to date with the procedure for anaphylaxis management.

### The consultation

- Introduce yourself to the patient
- Ensure they understand the purpose of their visit.
- Explain the procedure to the patient and offer the opportunity for questions
- Gain consent from the patient

### Equipment

- gloves
- apron
- cotton wool
- sharps bin
- Cleaning swab
- plaster
- Prescribed Zoladex injection- all pre packed

### Procedure

- Ensure the patient provides consent for the injection.
- Check drug is within date and is the correct dose as per prescription
- Follow the manufacturers instruction to prepare the injection
- Choose site of injection, ideally this should be side alternated from the last injection, lower abdomen below naval site is preferred site of injection, in to the anterior abdominal wall
- Cleanse the skin with cleaning swab if the skin is visible unclean.
- Gently pinch the skin of and insert needle at a 45 degree angle
- Once the needle is inserted in to the subcutaneous layer, depress the plunger fully to insert implant, allowing the safety mechanism to spring back to provide safety of sharps
- Once administered remove the needle at the same angle

- dispose the needle in the sharps bin immediately
- If the injection site bleeds, apply direct pressure over the area using cotton wool until stopped, if the injection site continues to bleed, apply a plaster ensuring there are no allergies, if so cotton wool and tape may be suffice
- Advise the patient when their next injection is due for an appointment to be booked, if the injection due within the next 6 weeks, then make the appointment for the patient. If longer the patient will need to contact the surgery closer to the date to make appointment
- Be observant for any reactions, Ensure the patient is well recovered from the injection before allowing the patient to leave.
- Ensure this procedure is documented on the patients S1 records, documentation is to include
  - Site of injection
  - Batch number
  - Expiry date
  - Date next injection due
  - Set recall for next injection

Please ensure a prescription is generated for the medication used for the dispensary.

## References

[GOSERELIN | Drug | BNF content published by NICE](#)

[zoladex | Clinical medicinal product information | BNF content published by NICE](#)

These guidelines should be reviewed annually to ensure standard practice is the same and publications and evidence remain up to date.

Next review on or before May 2022

Completed by Gemma Hooper