

Skin Management

D-mine[®] Care



Caring For Your Skin



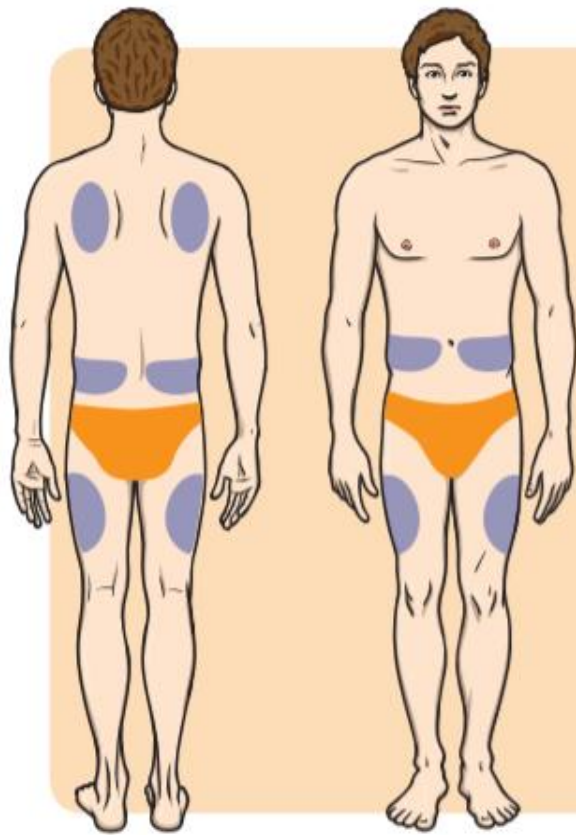
Skin Management

Medications that are administered under the skin can cause skin reactions. You may potentially experience some of these while on Dacepton[®] therapy. These skin reactions are not dangerous and can be minimised by a good skin care regime.

Although Dacepton[®] is rapidly absorbed from subcutaneous tissue, it can pool in the skin causing redness, tenderness, itching and the development of nodules and/or hardening of the skin at the injection site.

These reactions often resolve with time, but in some cases, these tissue changes may make insertion of the infusion needle difficult and may affect absorption of the drug. Nodule formation can be improved with strict rotation of the injection site.

Information about Injecting D-mine[®] Pen and D-mine[®] Pump



Where to Inject

Apomorphine should be injected into fatty tissue (subcutaneously) underneath the skin.

Commonly used sites include:

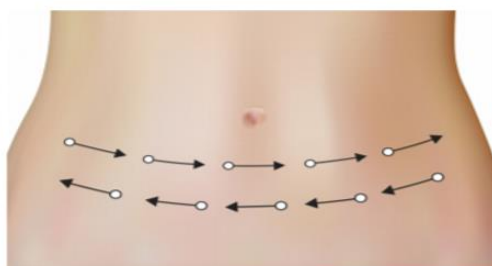
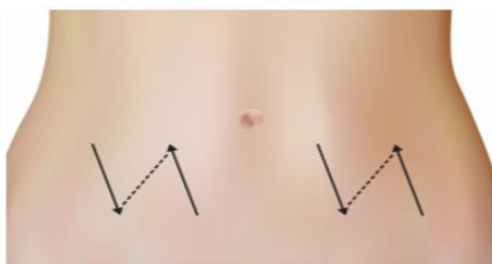
- The upper outer thighs
- Tummy (below the belly button)
- Flanks (lower back)

An example of a good site rotation routine would be using one site for each day of the week, for example on a Monday use the left thigh.

When choosing an infusion site, ensure:

- You inject at least 2.5cm away from any recent infusion sites and 2.5cm away from the belly button
- Do not inject into a skin fold or in scar tissue
- The skin is not red, itchy, painful or swollen
- A new needle is used every day for infusion pump
- A new needle with each injection for PEN injections
- Avoid re-inserting a needle that has come out of the skin

It is important that you do not use the same area of skin to inject on consecutive days. Rotating the injection site will help to reduce the formation of nodules beneath the skin. "Site rotation" is demonstrated in the images below. It may be useful to keep a record of the areas where you inject on a daily basis. Your Parkinson's Nurse or D-mine[®] Care Nurse can discuss suitable needle sites with you further.



How to Inject

- Consider removal of hair from the injection site which will help the adhesive to stick to your skin
- Ensure your site for injection is clean and dry
- Insert the needle slowly and gently
- Use a new needle every day for pump and every time you inject when you are using a D-mine[®] pen
- The angle at which you insert the needle will depend on which needle you use, for example:
 - Thumb tack needles are inserted at a 90° angle
 - Butterfly needles are inserted at a 45° angle

This can be discussed further with your Parkinson's Nurse or D-mine[®] care nurse.

Hygiene

Before and after injecting Dacepton[®], hand hygiene is important

- Hands should be cleaned thoroughly paying attention to fingertips, fingernails, thumbs and palms
- Use soap and water and wash your hands for 40-60 seconds
- Any jewellery should be removed from hands
- Hands should be dried with a clean towel
- Ensure the surface where you prepare your pump or pen is clean and dry
- Use a new infusion line every day and a new needle for each Pen injection

For further information please refer to guidelines for handwashing as per your local healthcare organisation

Minimising Injection Site Reactions

- If you get any drops of Dacepton[®] on the skin you should wipe it away keeping the skin dry
- Once you remove the infusion line you can gently squeeze out any residual Dacepton[®] from under the skin ensuring you wipe the skin leaving it dry
- Massaging the skin either by hand or using a massage device which can be recommended by your Parkinson's Nurse or D-mine[®] Care Nurse
- Massage is essential to maintaining healthy skin and will help avoid nodule formation.
- You should try to massage for 10-15 minutes daily.

Managing Persistent Skin Reactions

- If skin nodules persist with regular massage you may be referred for ultrasound treatment that can help to break up the nodules (ultrasound is not a painful or invasive procedure)
- You can gain further advice from you Parkinson's Nurse or D-mine[®] Care Nurse If persistent redness, itchiness, pain or swelling around any infusion site is experienced. This could include:
 - Further training of correct skin care measures
 - Changing the type of needle you use

For support related to your Dacepton[®] therapy call the D-mine[®] Care support line on 0800 254 0175 or email dminecare.uk@everpharma.com

For technical support for your D-mine[®] equipment please call 0800 254 0175 - 24 Hours a day* or email info.uk@everpharma.com

Any side effects should be reported to doctor or nurse. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. Adverse events should also be reported to Medical Information on 0800 254 0174 or info.uk@everpharma.com By reporting side effects, you can help provide more information on the safety of this medicine.

*At busy times, out of hours and weekends there may be a callback service