

Treatment Plan: Injection



What to Discuss with Your Health Care Team

There are different types of medication that are used to treat arthritis. Some of these medications are taken orally, while others are administered by injection.

Over time, you may try several different treatments and change your treatment plan. It is important to keep in mind that at one point in your treatment plan, you may need a medication that will require you to inject it.

How can you be prepared?

If injecting yourself is part of your treatment plan, your health care team will help prepare you for this. Make sure you ask them any questions you have since they're experienced and can answer concerns about self-injection and direct you to the resources that are available to help and support you.

Knowing you're not alone and have somewhere to turn to can help make your injection experiences easier. While you may never look forward to your injection, with the proper support, there may be a time when it becomes just another part of your routine.

It can be easy to forget to take your treatment, especially if you don't take it every day. Recording your treatments can also help you get into a routine.

Talk to your health care team about how the following could ease your injection experience:

- Is it important to choose a comfortable environment to inject myself?
- Are there any relaxation techniques or tips you could recommend before self-injection?
- I keep hearing that I should hold my breath or try deep, rhythmic belly breathing when I inject myself – which one is right?
- I keep on forgetting to take my treatment, what can I do to remind myself?
- Do you have any recommendations for keeping a record or diary of my injections?
- I'm worried that injecting myself will hurt, is there something I can spray on before to numb the area?
- Am I supposed to use a new site every time I inject?
- Should I bring my treatment to room temperature before I inject myself?
- Is it okay to call my health care team if I need help with my injection?
- Is trial and error part of the self-injection learning experience?
- Record any questions you may have in your **“Making the Most Out of Your Appointment”** document for future discussion.