



CHECKLIST: STEP-BY-STEP PROCESS

THE INVITE-HOME STUDY

MATERIALS

STEP #1: VERIFY PRESCRIPTION

Ensure the box includes both rilpivirine and cabotegravir.

Confirm the medications in the box match the dosage and frequency as prescribed by your healthcare provider.



STEP #2: GATHER AND ORGANIZE

Supplies

Cabenuva injection kit

Gloves

Alcohol swabs

Sterile gauze

Sterile pad

Adhesive bandages

Sharps disposal container

Location

Choose a well-lit area

Assemble all supplies on a clean,
easily accessible surface

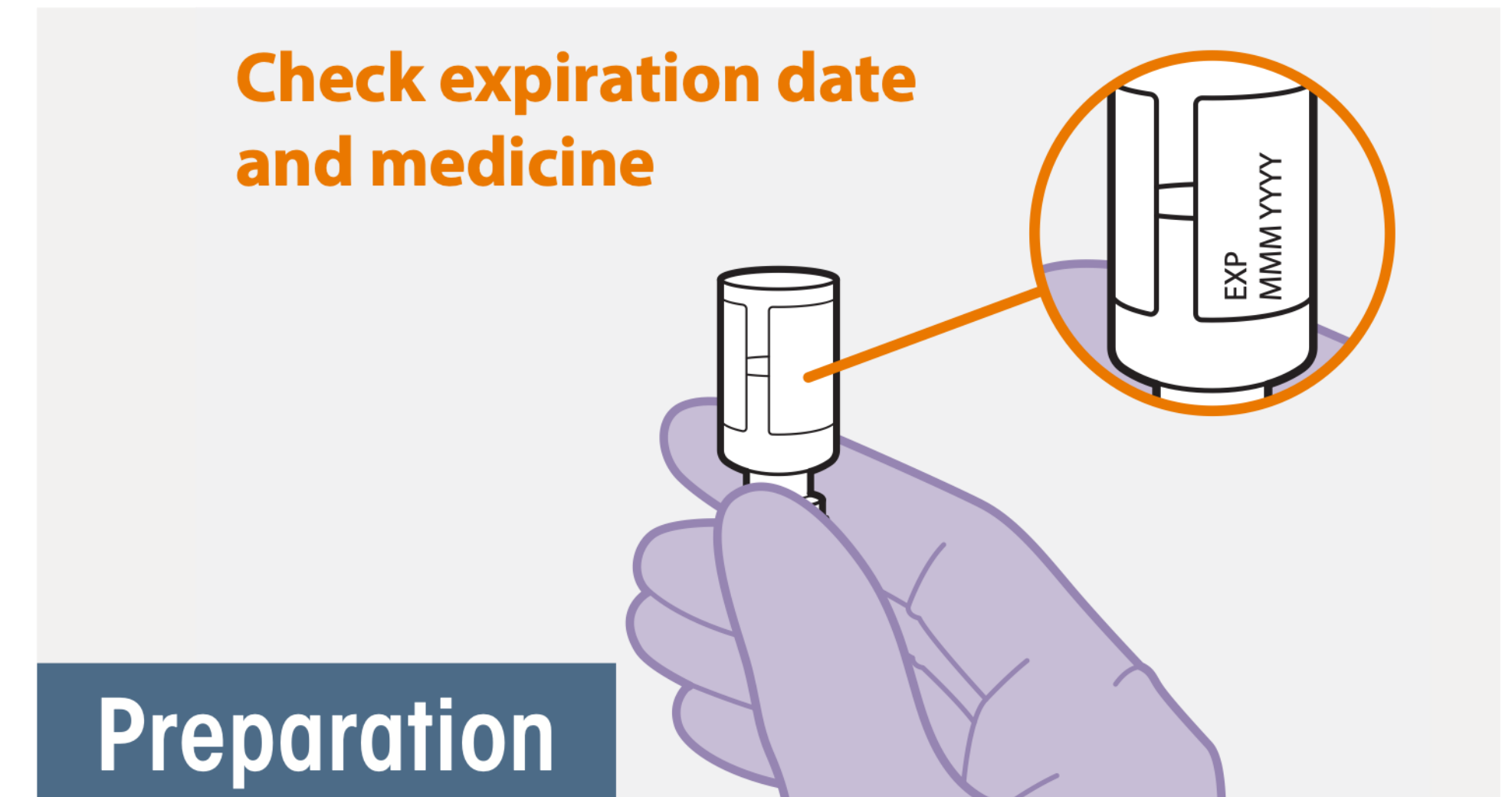
STEP #3: INSPECT BOTH VIALS

Check the expiration date on both vials.

Do not use if expired.

Ensure the medication is clear and free from particles or discoloration. If you notice any abnormalities, do not use it.

Ensure the medications are stored in their original containers.



STEP #4: WAIT 15 MINUTES

Wait 15 minutes to allow medication to come to room temperature.

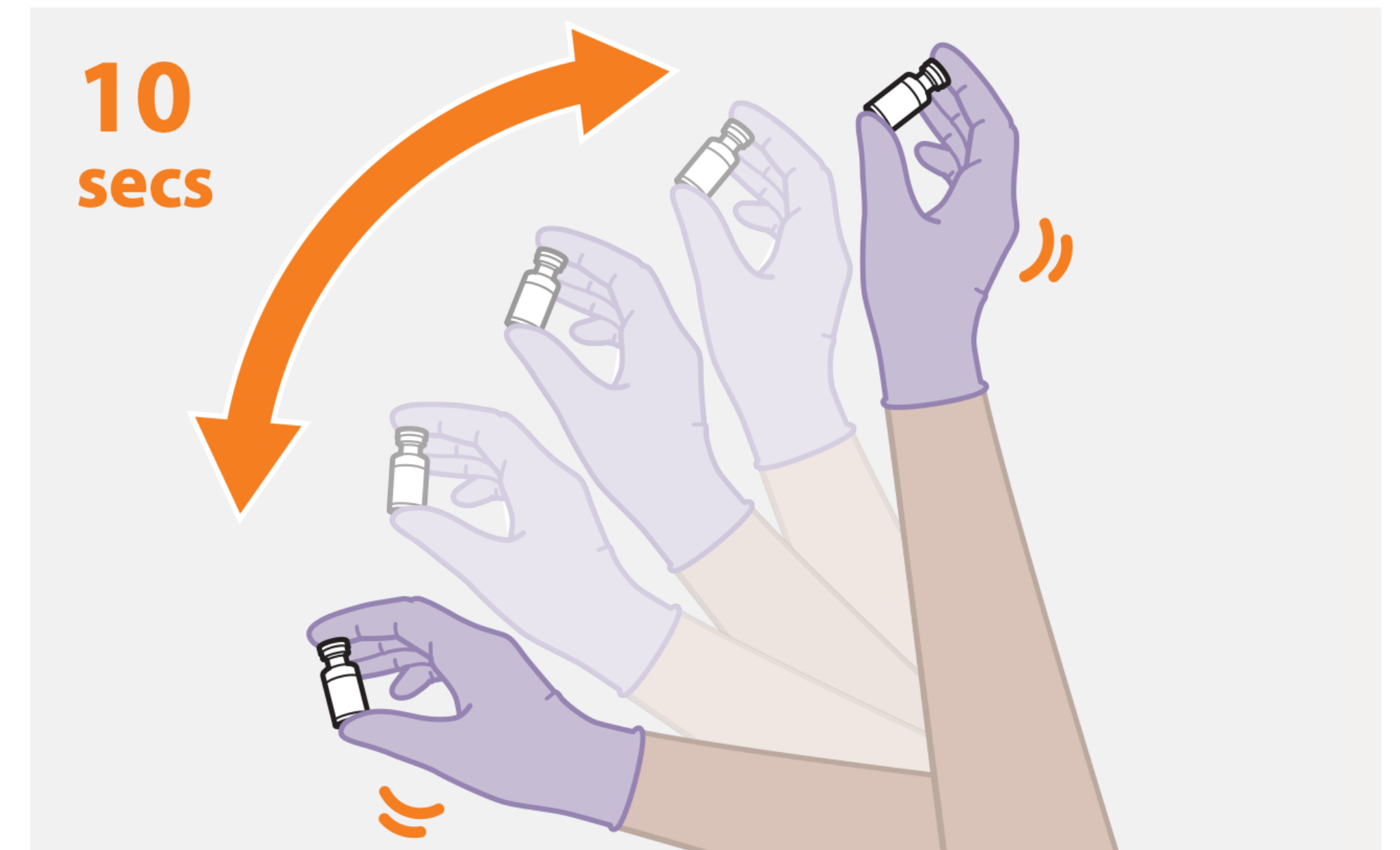
Wash hands and put on gloves.



PREPARING THE INJECTIONS

STEP #5: SHAKE

Shake one vial vigorously for 10 seconds.

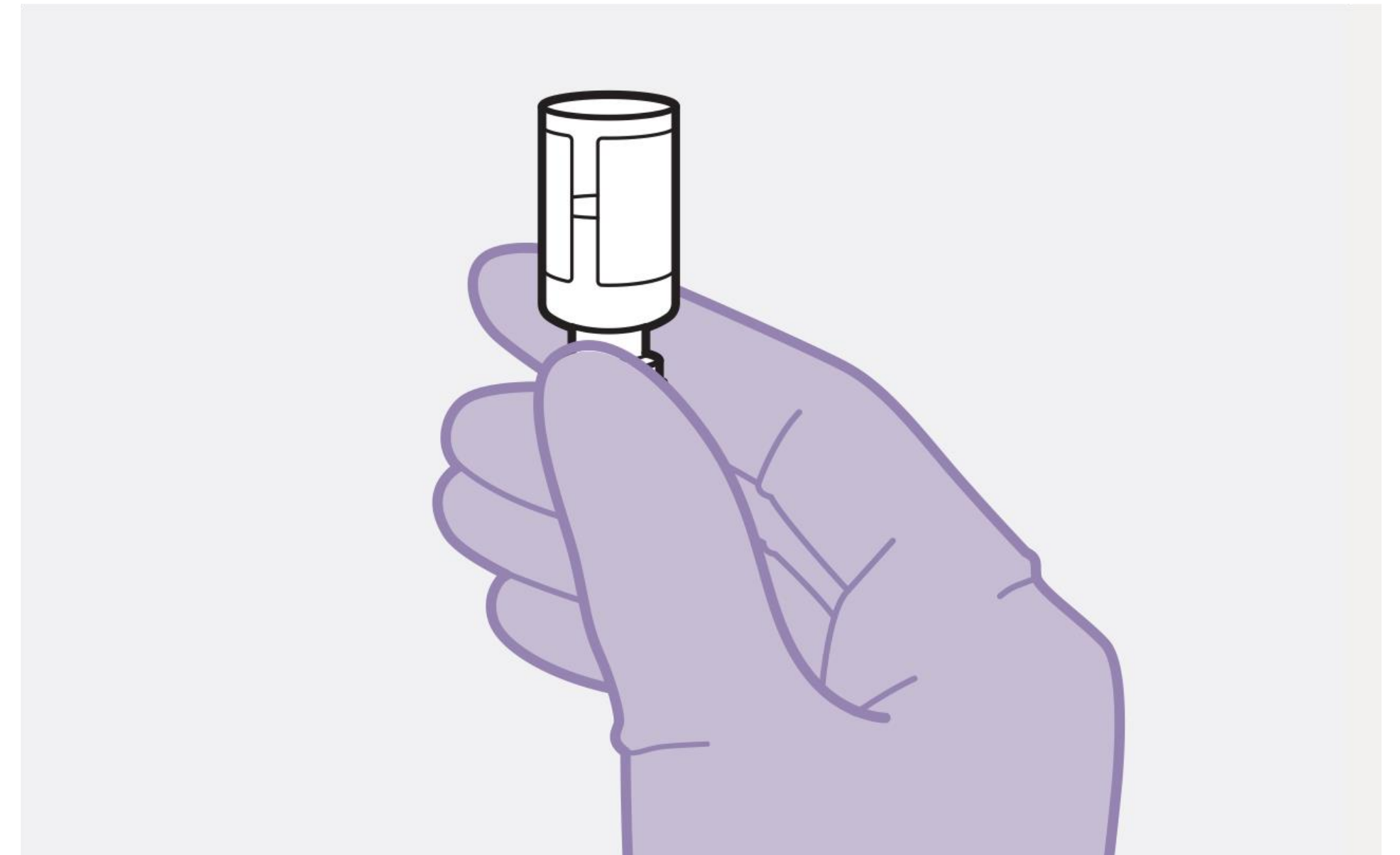


STEP #6: INSPECT

Turn vial upside down and confirm the medicine is uniform.

If not, shake the vial again.

It is normal to see small air bubbles.

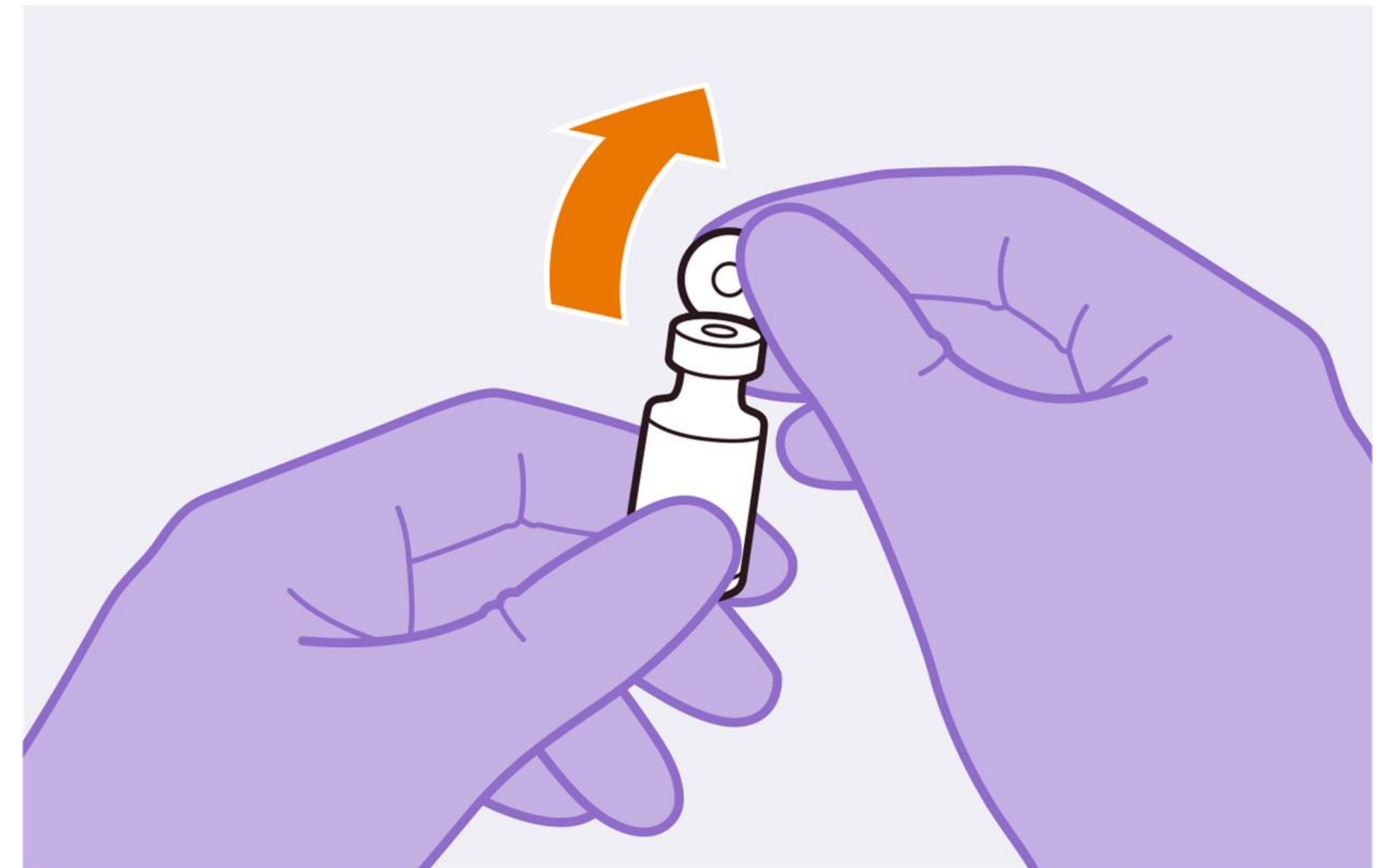


STEP #7: REMOVE CAP

Remove the vial cap.

Wipe rubber stopper with an alcohol wipe.

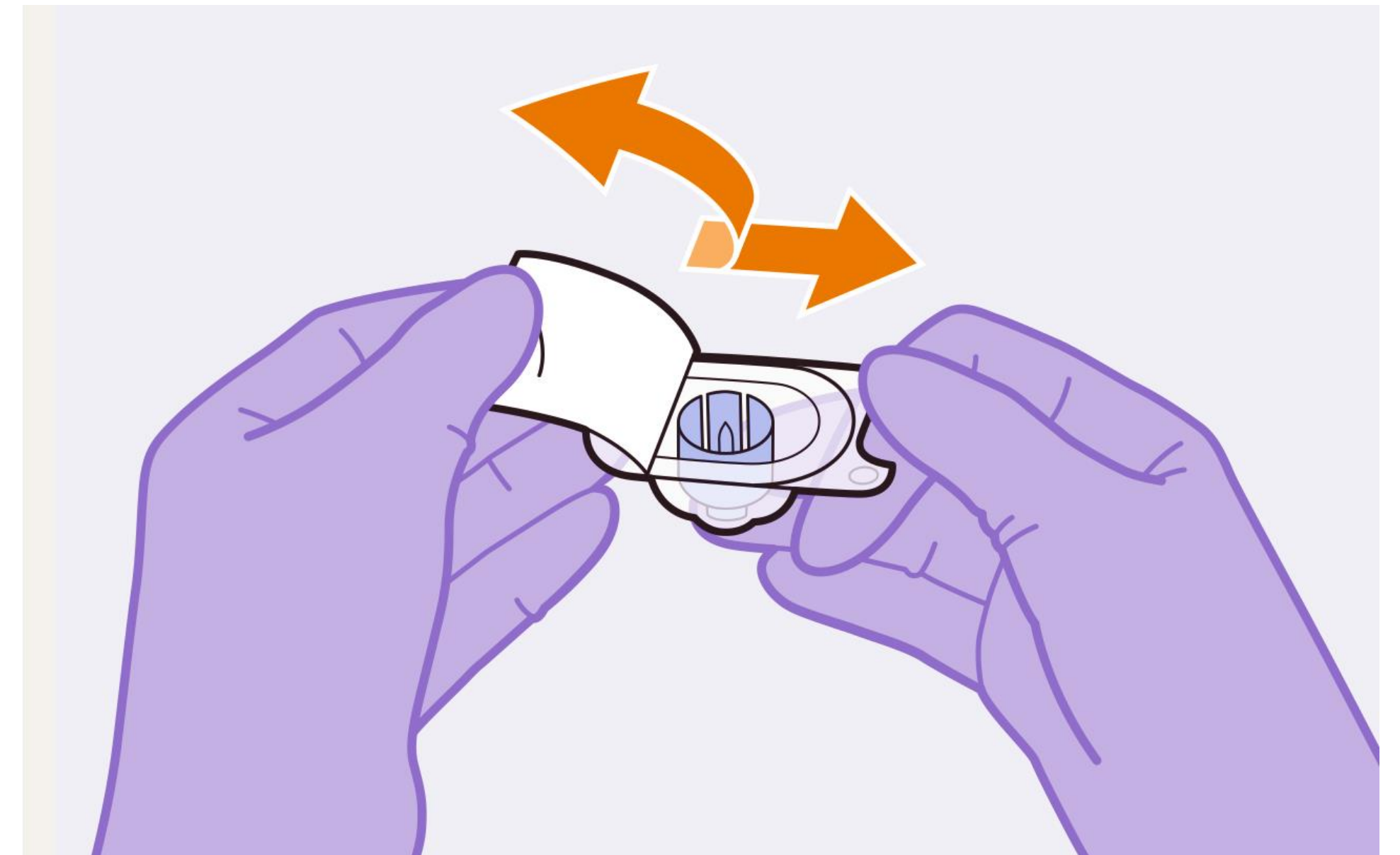
Do not allow anything to touch the rubber stopper after wiping it.



STEP #8: REMOVE BACKING

Peel off paper backing from the vial adaptor.

Keep the adapter in its packaging.



STEP #9: ATTACH VIAL ADAPTER

Place vial on flat surface and attach the vial adaptor to the vial.

Press the vial adaptor straight down onto the vial using the packaging.

Vial adaptor will “click” in place.



STEP #10: REMOVE PACKAGING

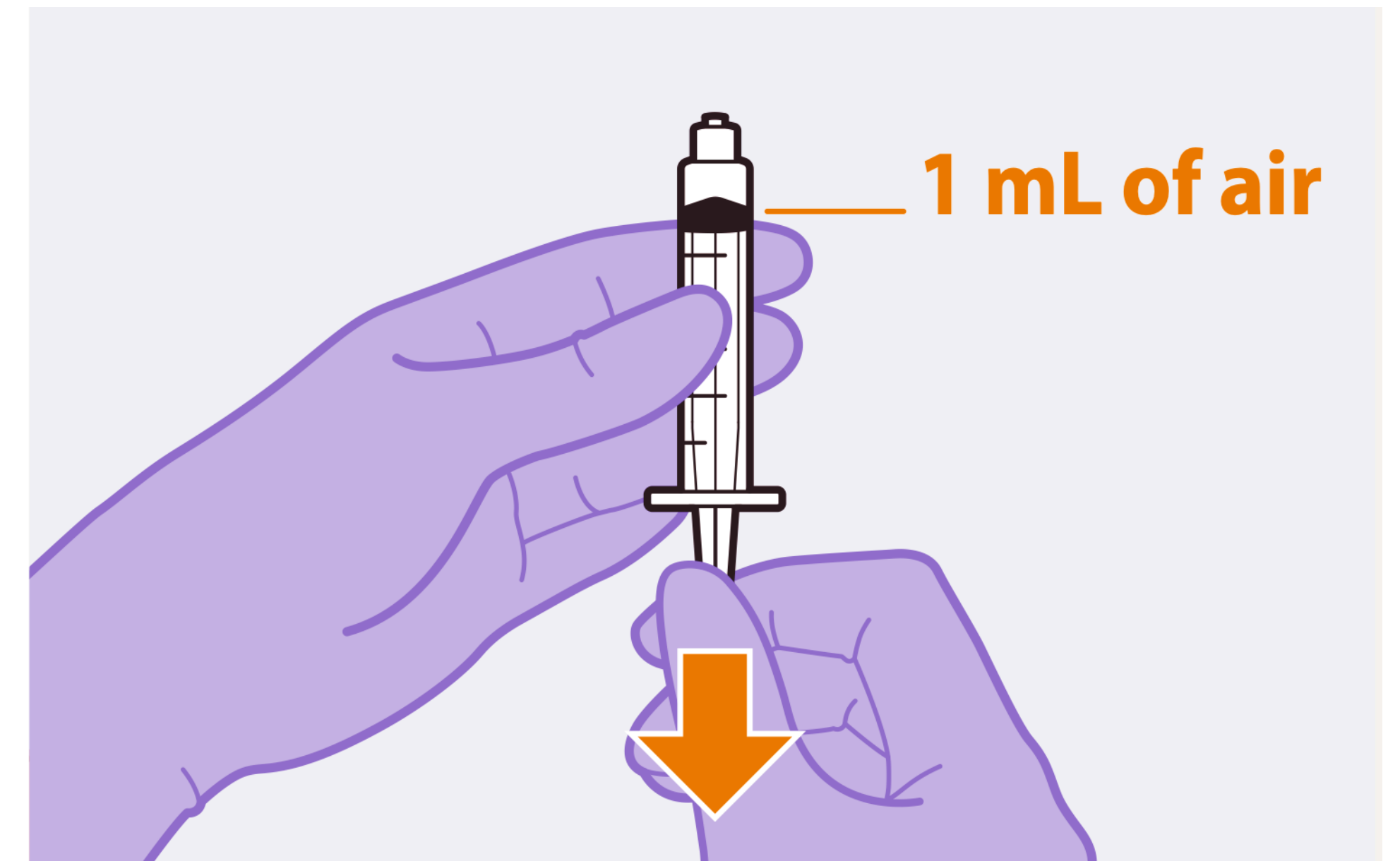
Lift off the vial adaptor packaging.



STEP #11: PREPARE SYRINGE

Remove syringe from packaging.

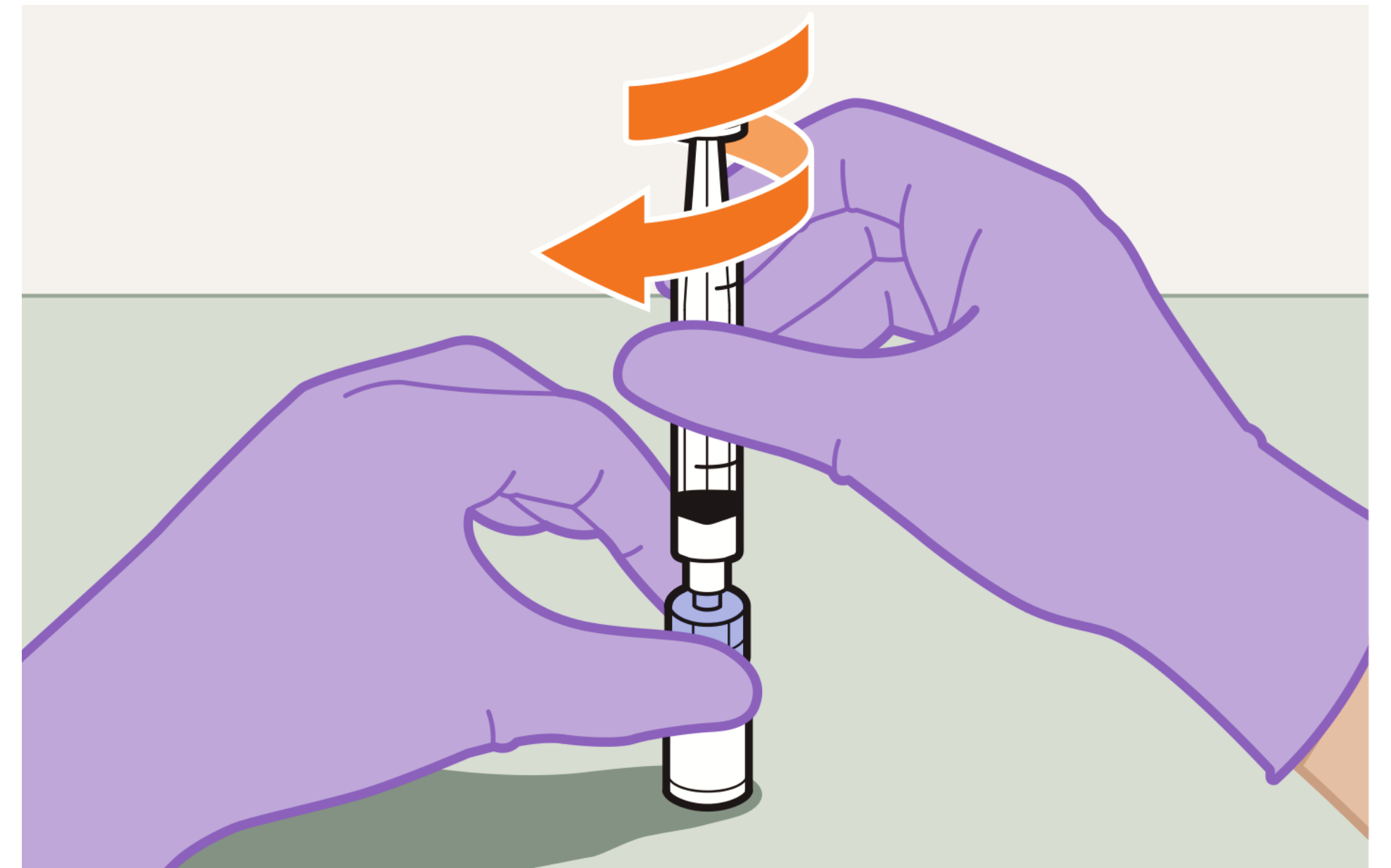
Draw 1 ml of air into the syringe.



STEP #12: ATTACH SYRINGE

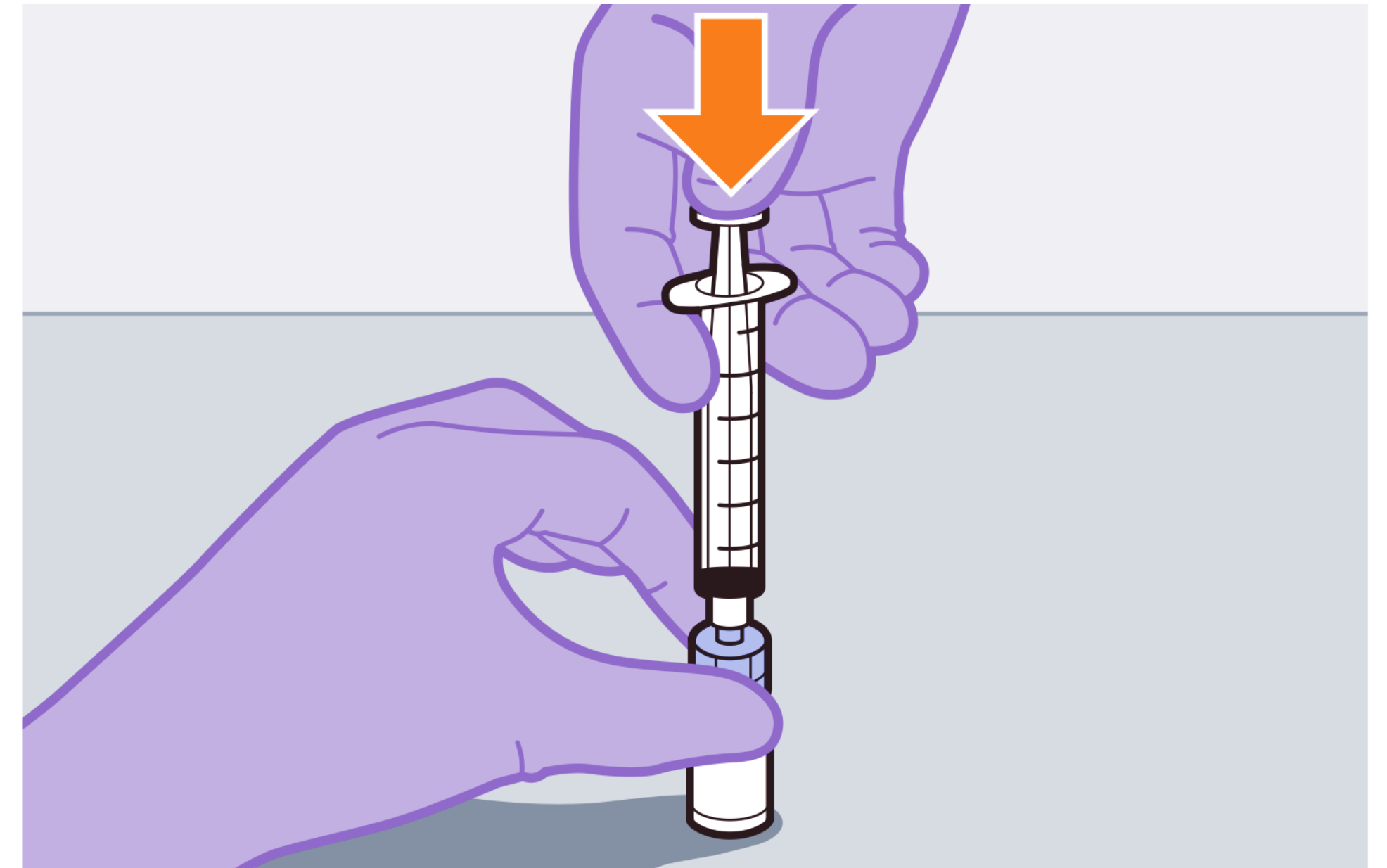
Hold vial adaptor and vial firmly.

Screw the syringe firmly onto the vial adaptor.



STEP #13: DEPRESS PLUNGER

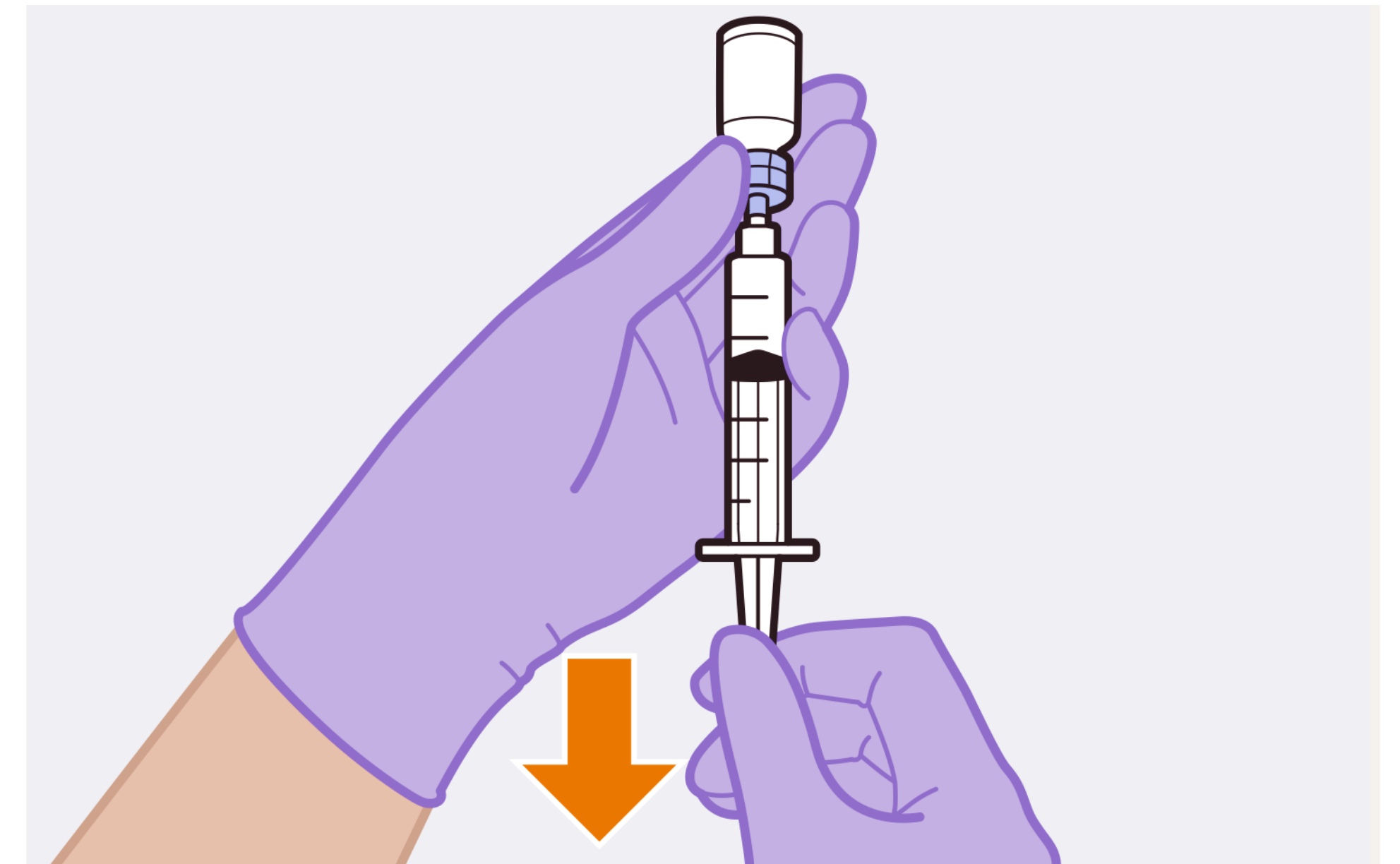
Press the plunger all the way down to push the air into the vial.



STEP #14: DRAW UP DOSE

Turn syringe and vial upside down and slowly withdraw as much of the medicine as possible into the syringe.

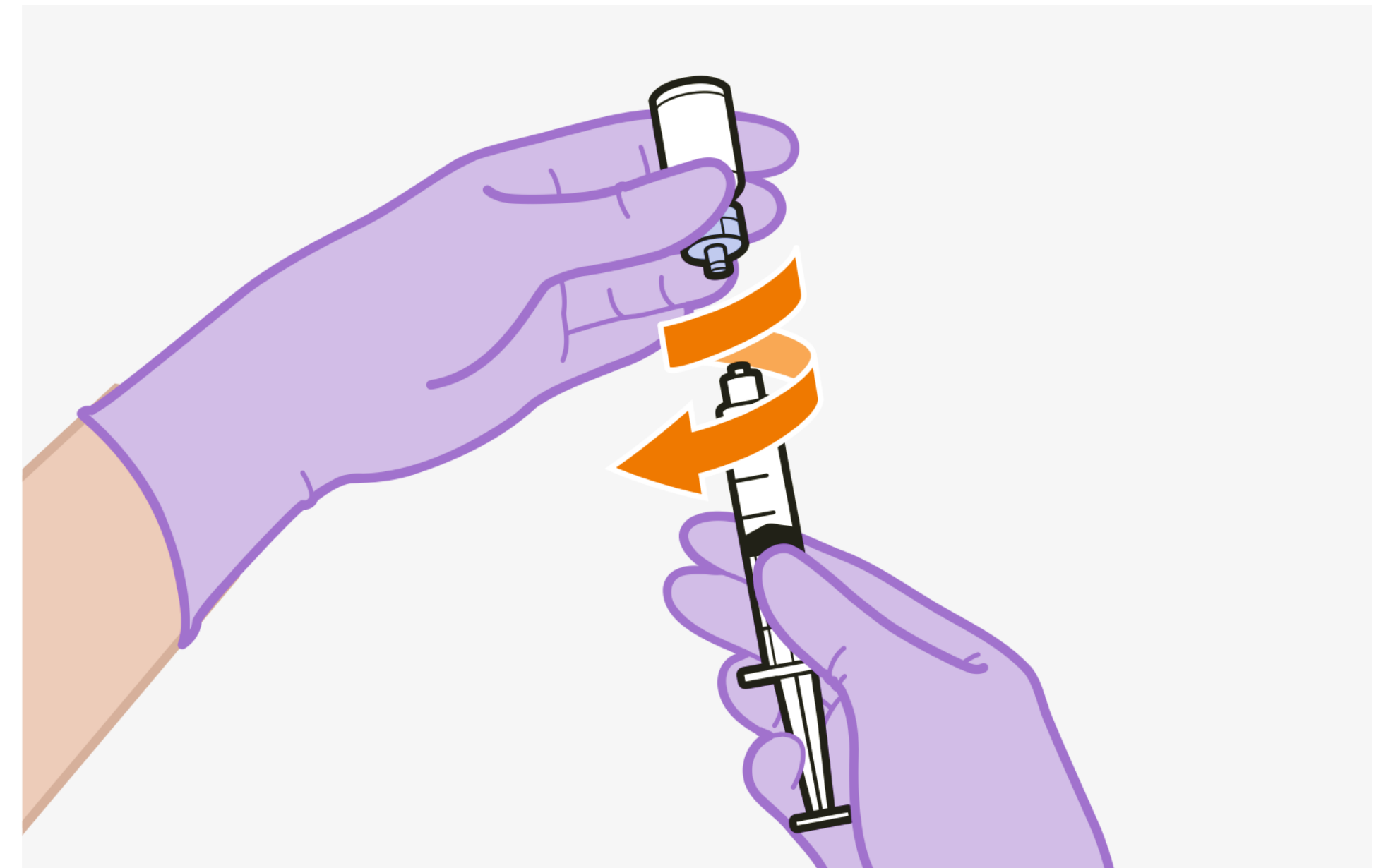
It's okay to draw more medicine than the dose.



STEP #15: UNSCREW SYRINGE

Unscrew the syringe from the vial adaptor.

Keep syringe upright to avoid leakage.



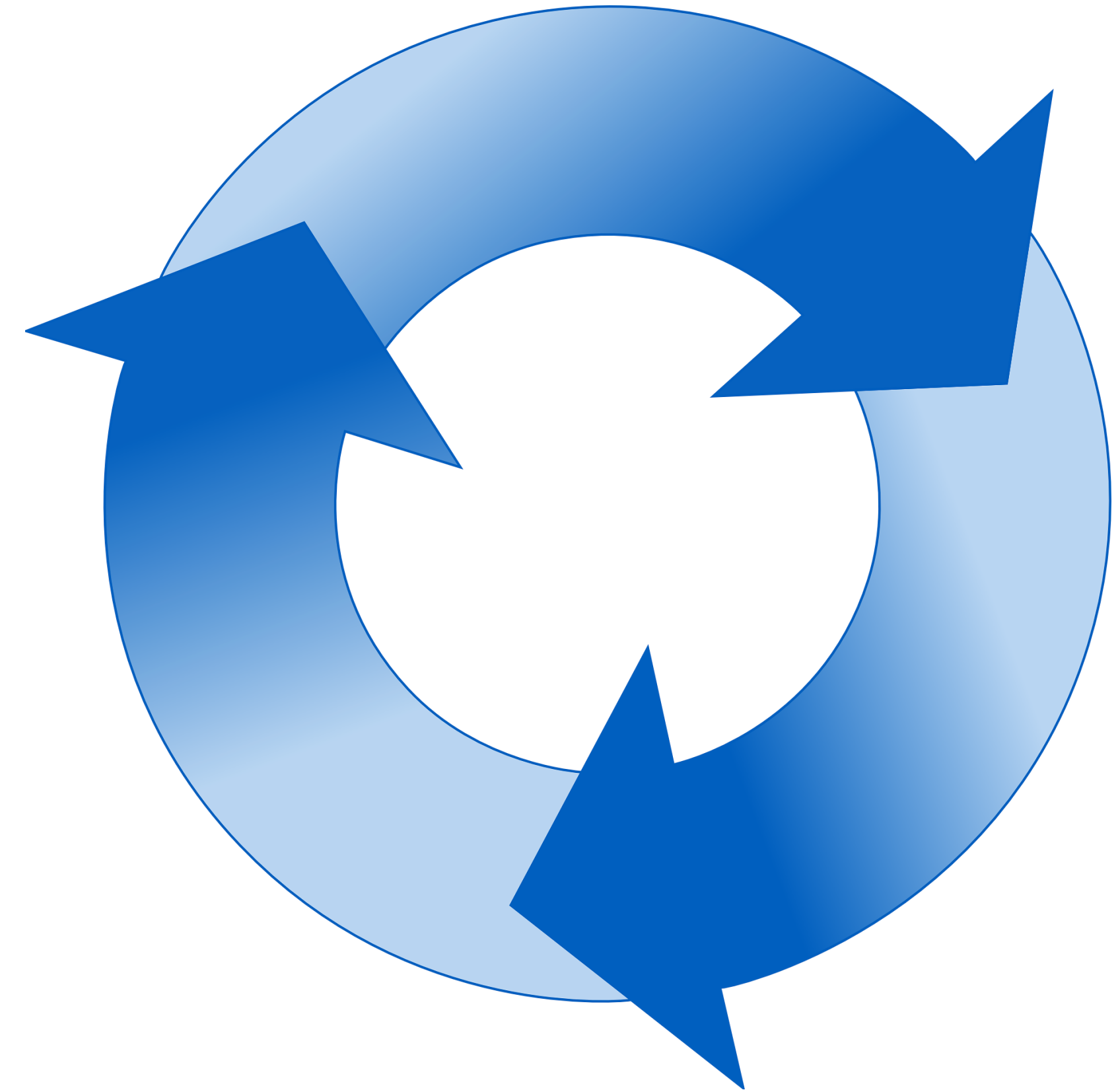
STEP #16B: LABEL SYRINGE

Write name of medication on a syringe label and affix label to the syringe on the side without the gradations.



STEP #16C: REPEAT STEPS 5-16

Repeat steps 5-16 for the other vial.

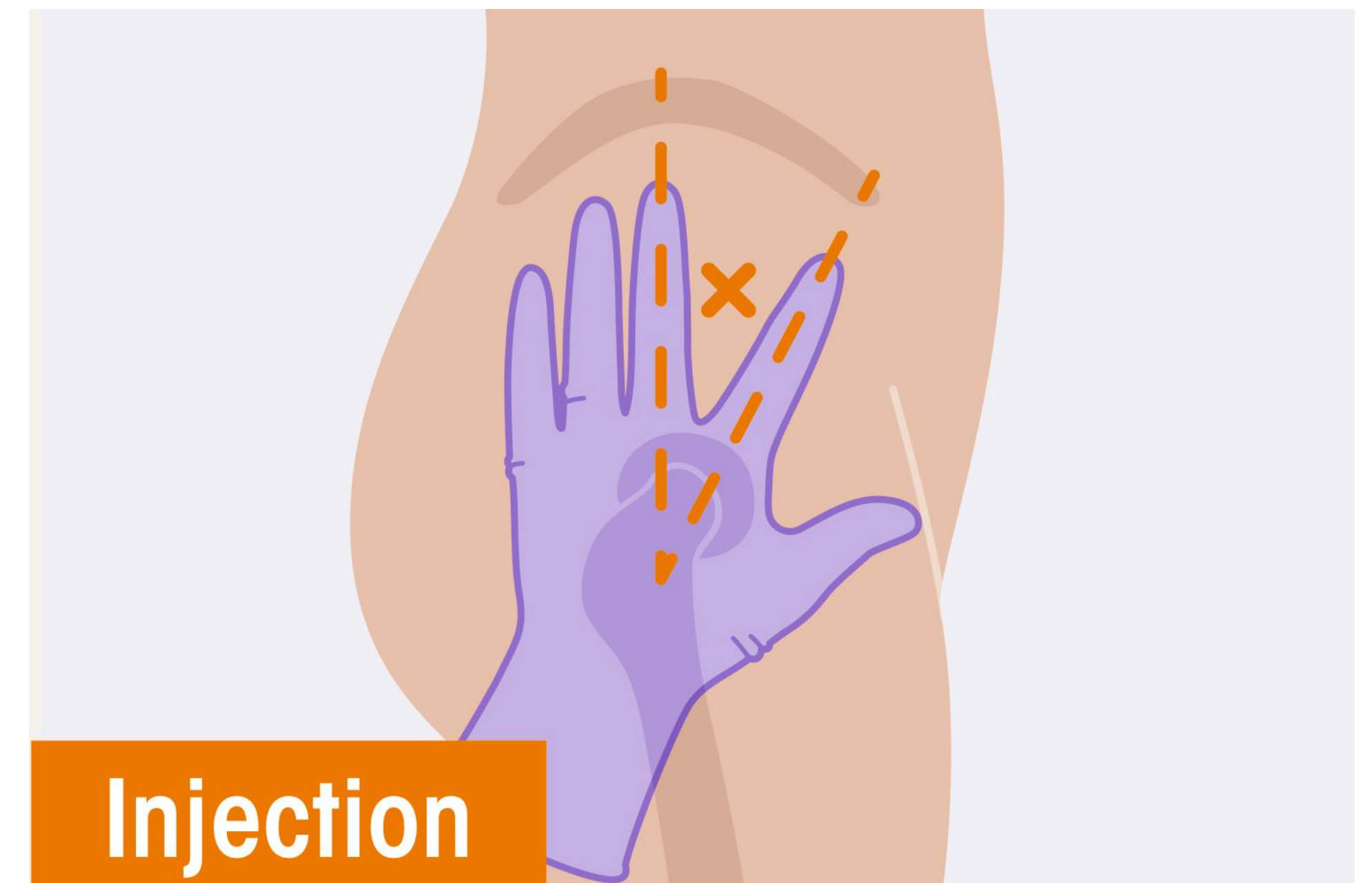


ADMINISTERING THE INJECTIONS

STEP #1: PREPARE SITE

Find the injection site on the upper outer area of the hip (ventrogluteal site).

Can use surgical marker



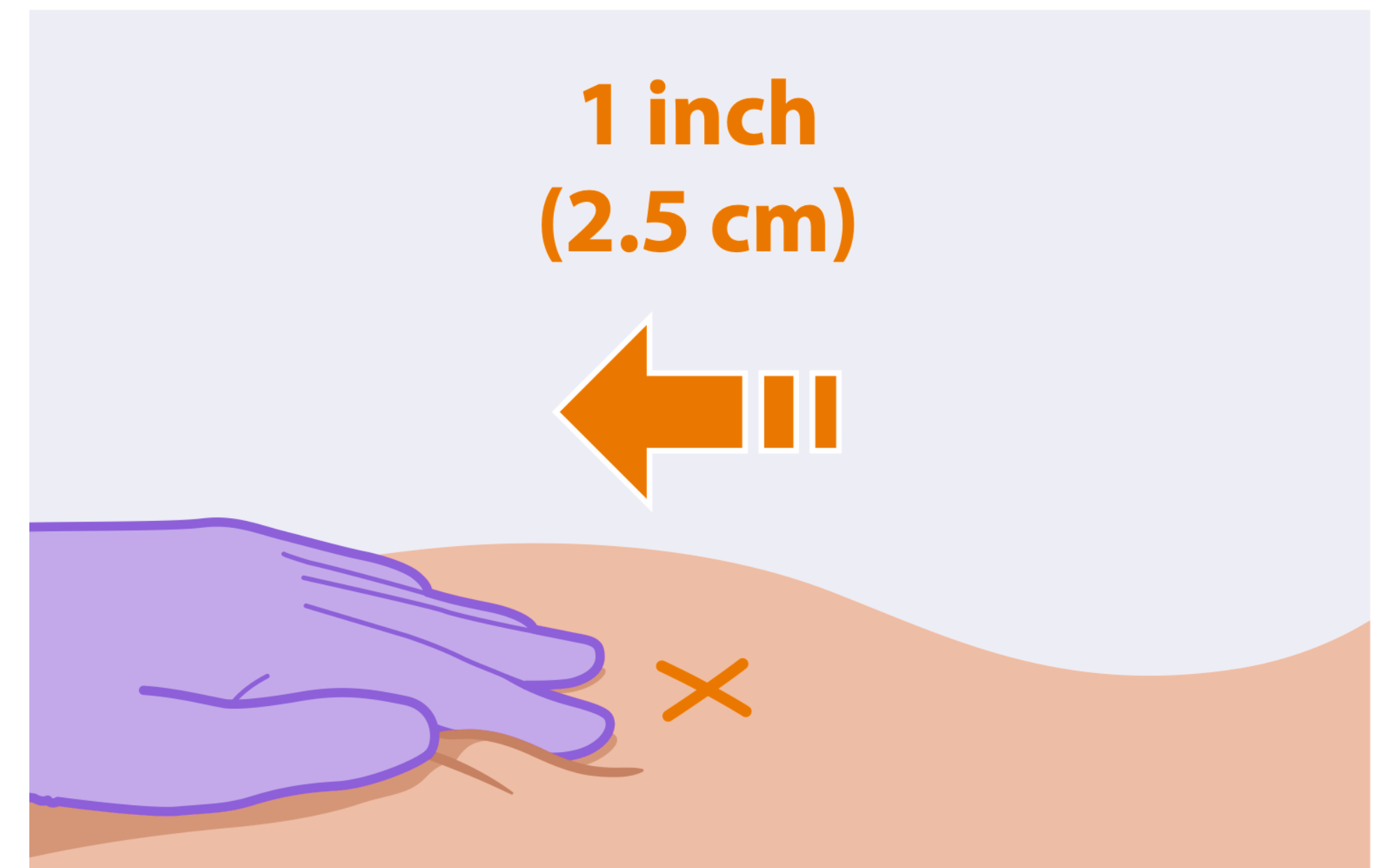
STEP #2: REMOVE CAP

Fold the needle guard away from the needle and pull off the injection cap.



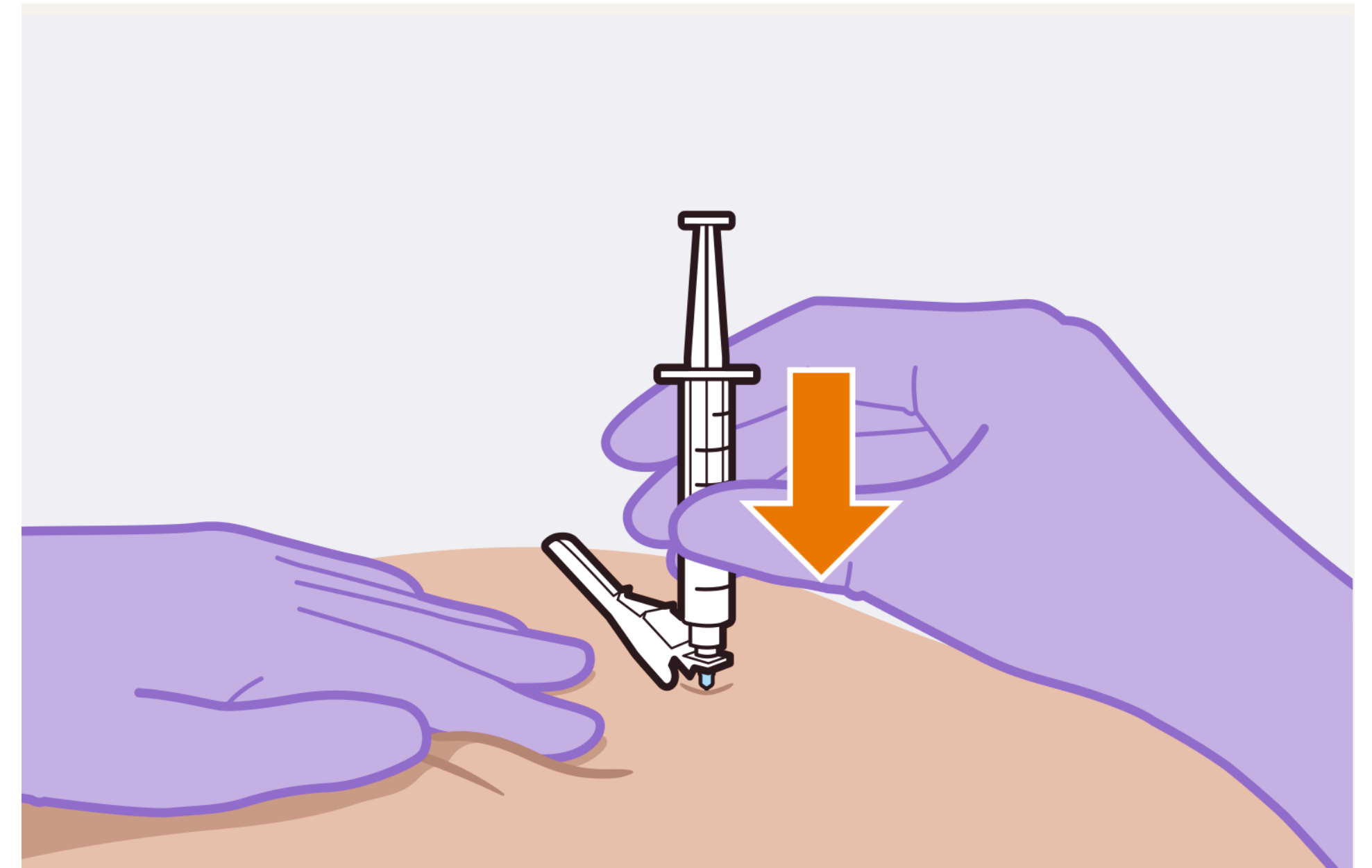
STEP #3: STRETCH SKIN

Pull the skin away from the injection site before inserting the needle. Keep holding this position for the injection.



STEP #4: INSERT NEEDLE

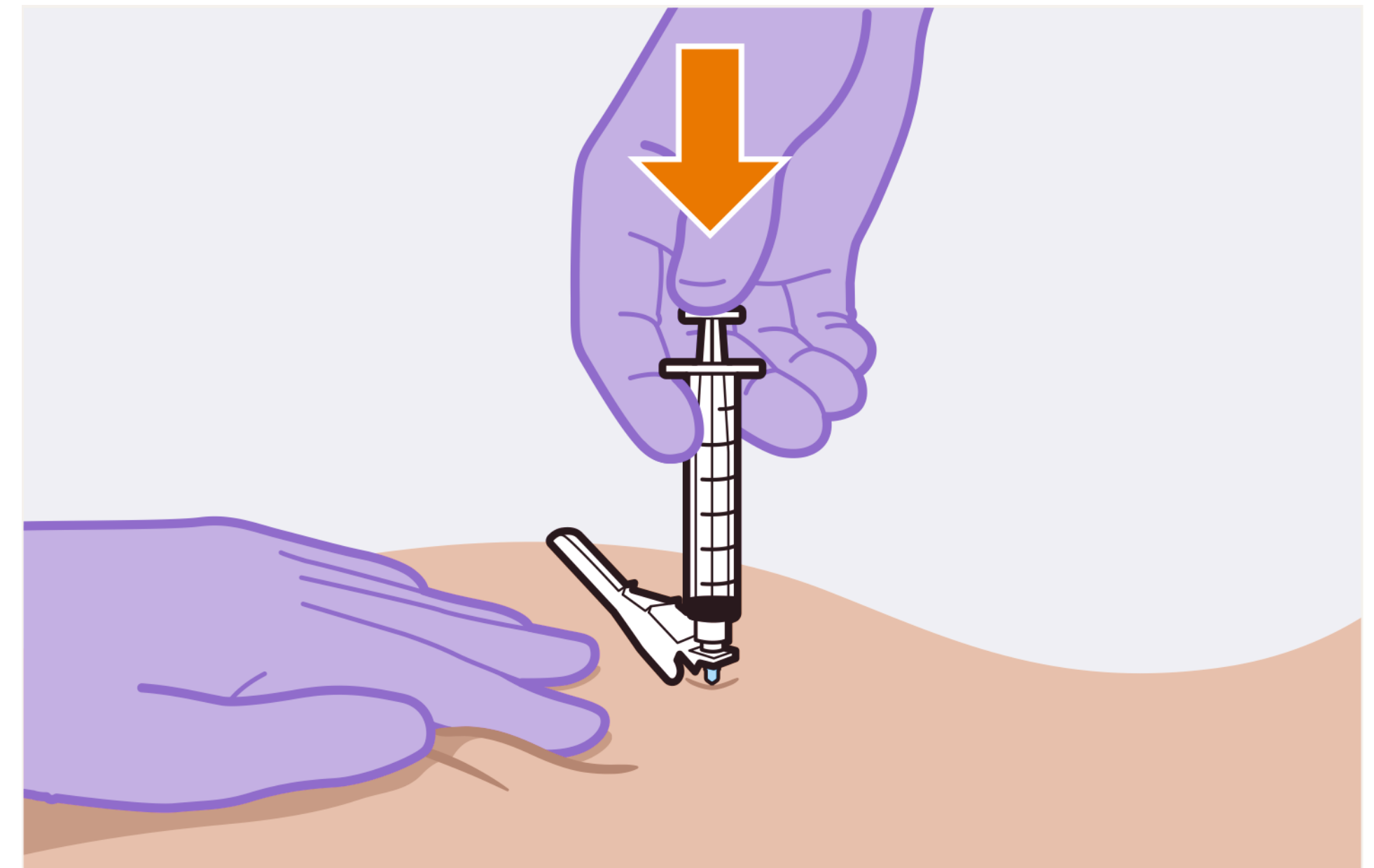
Insert needle to its full depth into the muscle at a 90-degree angle with a quick, smooth motion.



STEP #5: INJECT DOSE

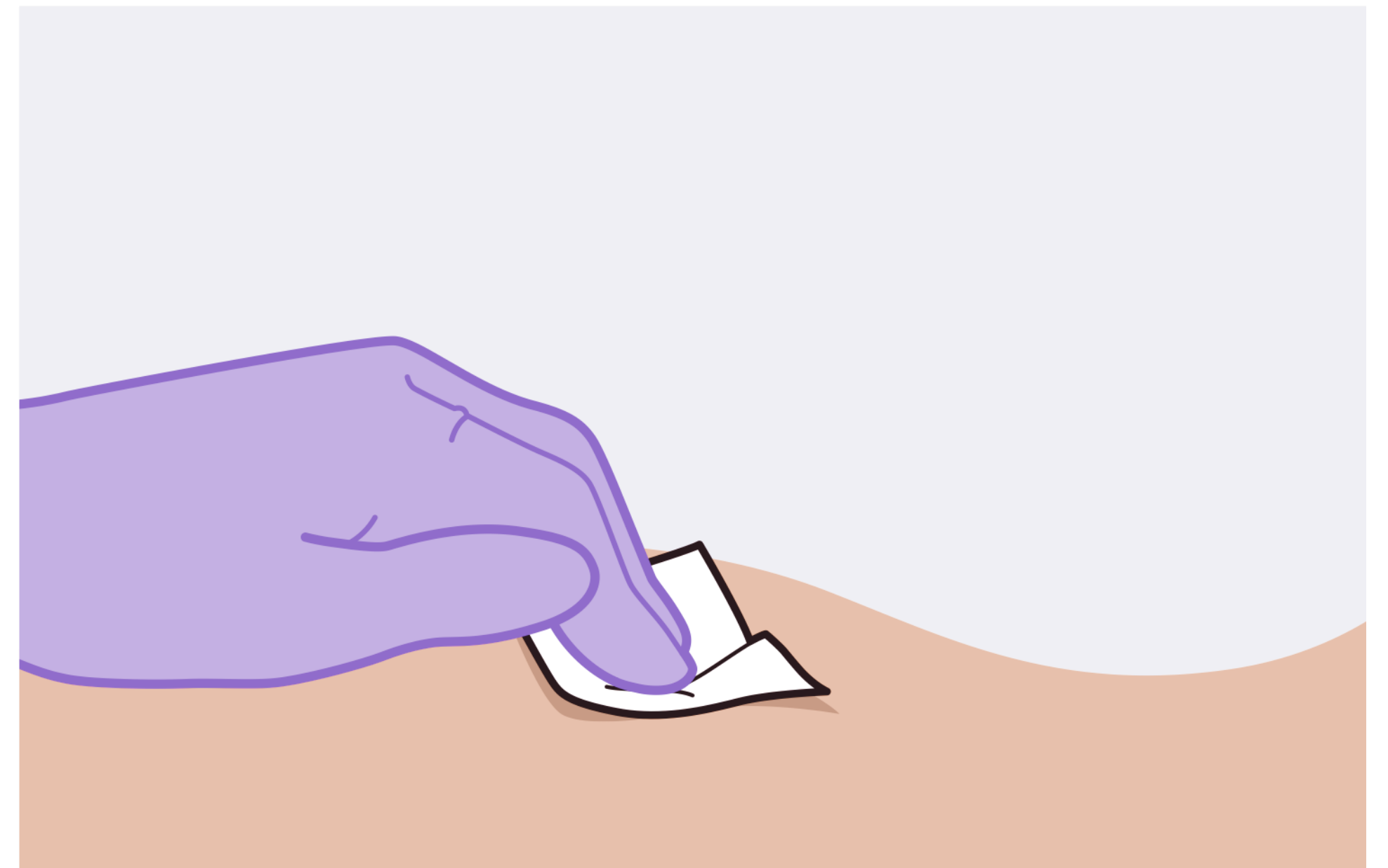
Holding the skin stretched – slowly press the plunger all the way down.

Once injected remove the needle from the muscle and release the stretched skin immediately.



STEP #6: ASSESS SITE

Apply pressure to the site with gauze.

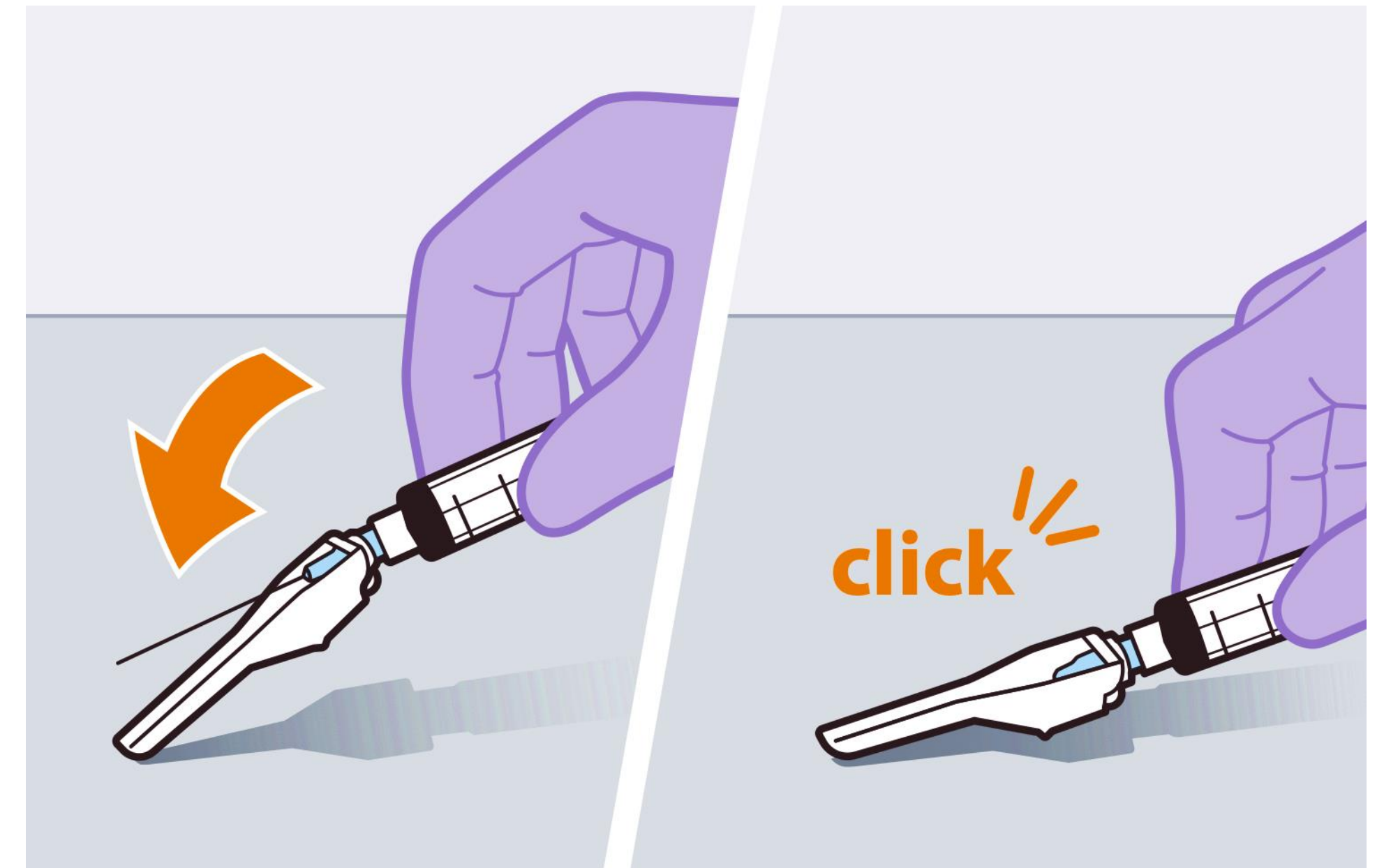


STEP #7: SECURE NEEDLE

Fold needle guard over the needle using hard surface.

Gently apply pressure to lock needle guard in place.

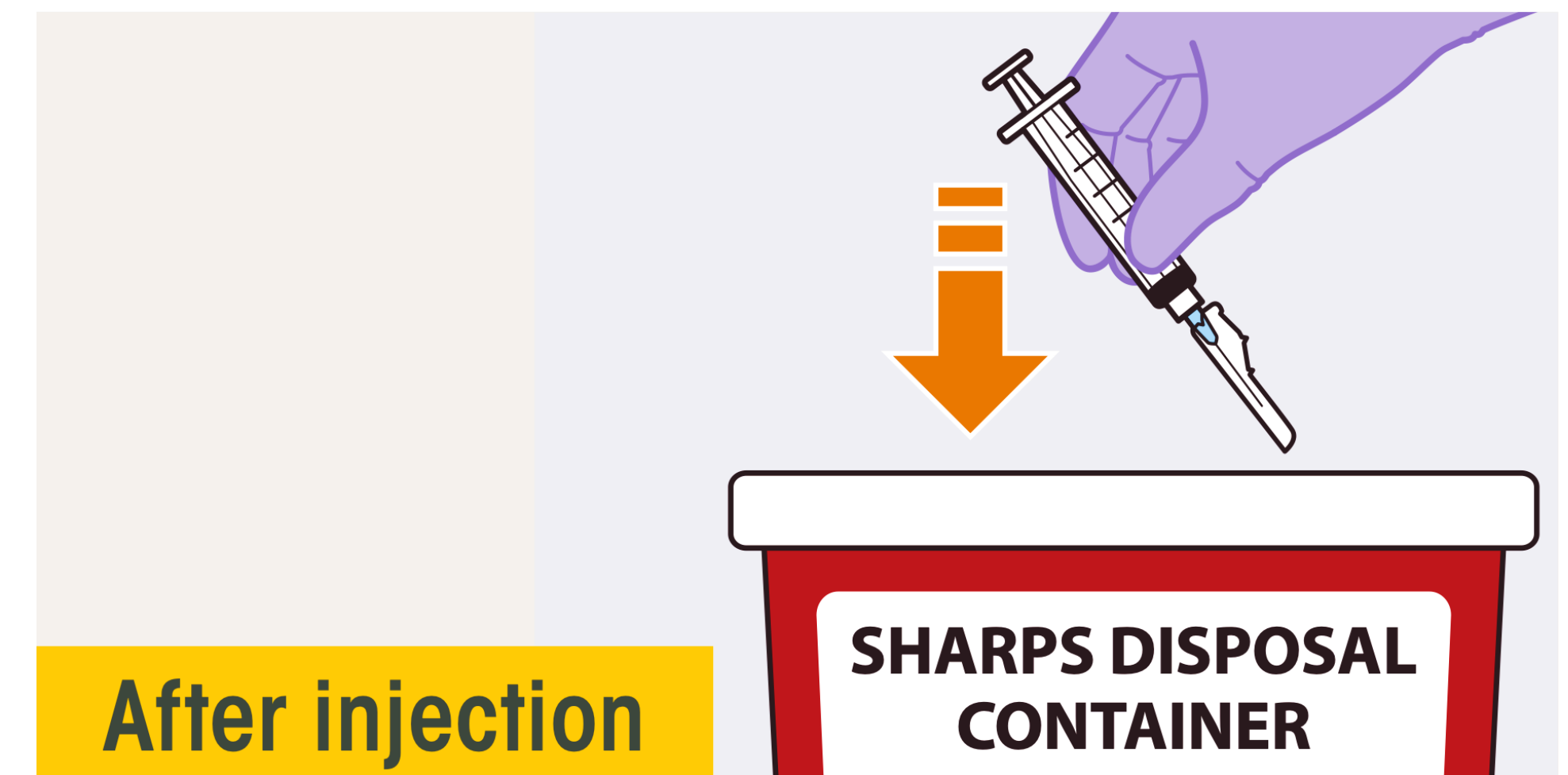
Needle guard will make a “click” sound when it locks.



STEP #8: DISPOSE IN SHARPS

Immediately dispose safely the syringe and needle in sharps container.

If a band aid is needed, apply now.

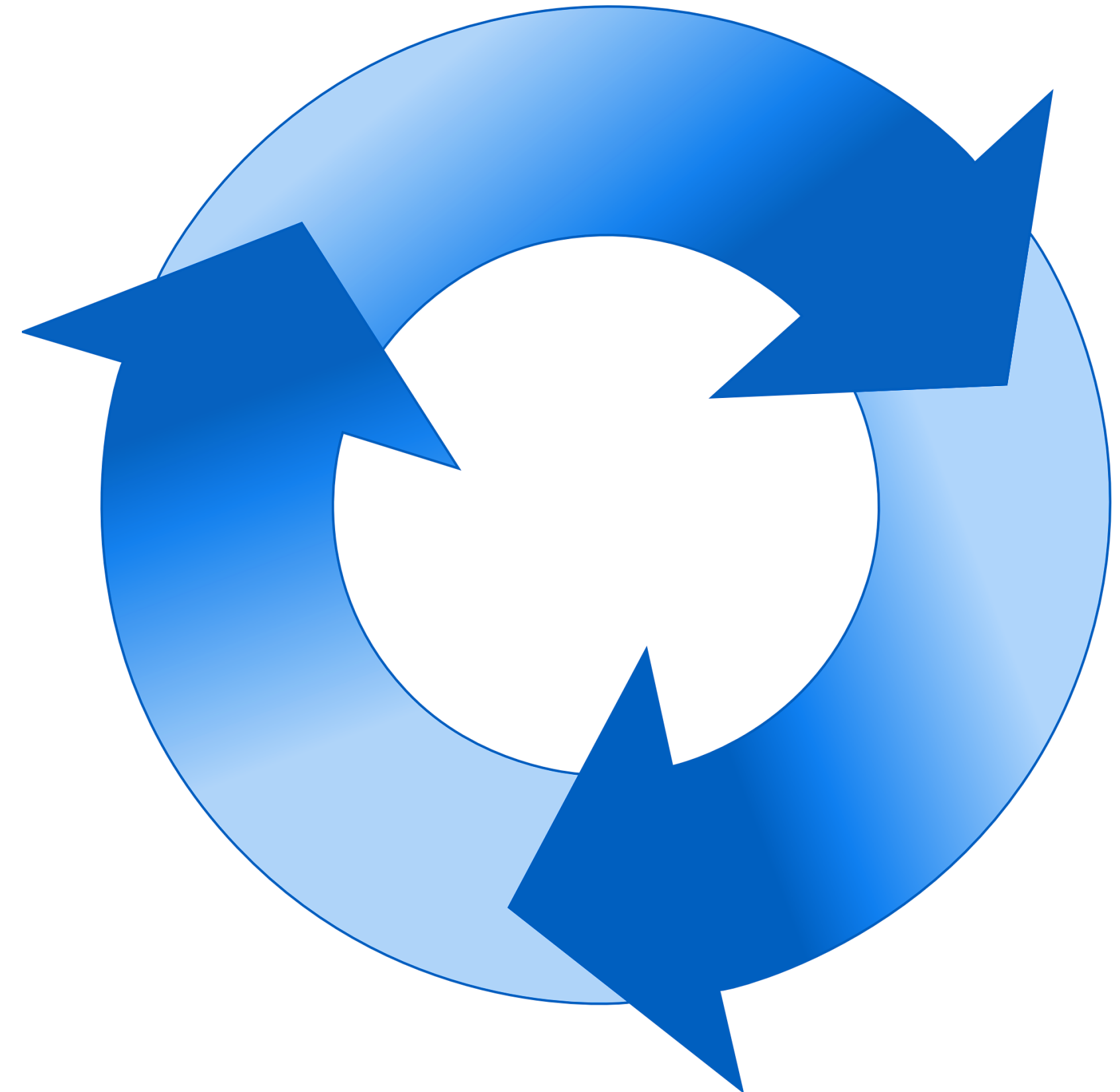


STEP #9: REPEAT STEPS #1-8

Repeat Steps 1-8 for 2nd medicine.

Second medicine must be injected into the other hip area.

If needed, second medicine can be injected in the same hip *at least 2 cm away from the first injection site.*



POST INJECTION

MONITOR FOR REACTIONS

Observe for approximately 10 minutes after the injections.

Rare (<1%) reactions from rilpivirine such as feeling lightheaded or feverish can happen and usually disappear within minutes.

Discuss reactions with study clinician to assess whether medical intervention is advised.

INJECTION SITE PAIN REDUCTION STRATEGIES

Cold/Warm Compresses

OTC Pain Relievers

Walking and Movement

Self Massage (next day and after)



THANK YOU!

Contact us for more info

INVITE-Home@ucsf.edu

(415) 294-0609

