

## How do I store my biologic injections?

The asthma injections must be stored safely out of sight and reach of children. The asthma injections must be protected from light, so do not take them out of the box until you are preparing to inject it. If your injection is exposed to light, it may need to be discarded, so contact your homecare provider or asthma centre for advice.

They should be put into your refrigerator (not freezer) immediately after the delivery and stored between 2°C and 8°C. Make sure your fridge is in good working order before a delivery is made. If the injection freezes, it cannot be used, and must be safely disposed of in your sharps bin. If the injection is exposed to a temperature above 8°C, it may still be usable (see below).

### Fasenra® (Benralizumab)

A Fasenra® (Benralizumab) injection may be administered if it has been stored between 8°C and 25°C for less than 14 days. If the injection goes above 25°C, it must be safely disposed of.

### Dupixent® (Dupilumab)

A Dupixent® (Dupilumab) injection may be administered if it has been stored between 8°C and 25°C for less than 14 days. If the injection goes above 25°C, it must be safely disposed of.

### Nucala® (Mepolizumab)

A Nucala® (Mepolizumab) injection may be administered if it has been stored between 8°C and 25°C for less than 7 days. If the injection goes above 30°C, it must be safely disposed of.

### Xolair® (Omalizumab)

The Xolair® (Omalizumab) injection(s) may be administered if they have been stored between 8°C to 25°C for less than 4 hours. If the injection goes above 25°C then it must be safely disposed of.

**If you are unsure, do not use the injection and contact your asthma centre for advice. If you have to discard an injection, tell your homecare provider and asthma centre.**

## How do I dispose of my injections?

To prevent harm to other people and the environment, always put used injections in the sharps bin supplied by the homecare provider. They will collect and replace full sharps bins. Medicines should never be disposed of in the ordinary household waste.

## What do I do if I am away from home when a delivery or dose is due?

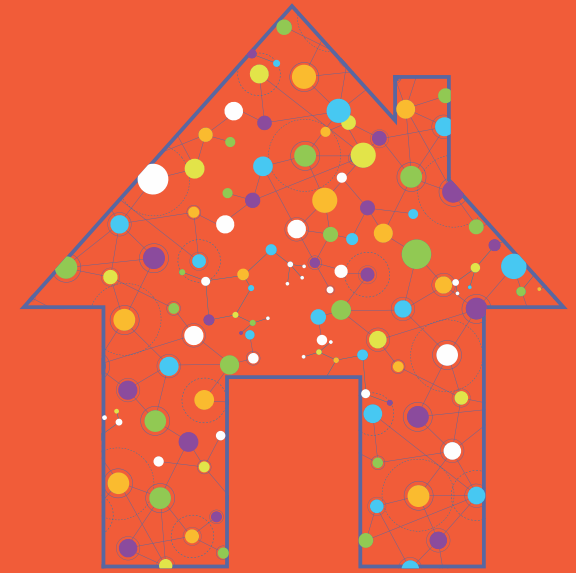
If a delivery is due whilst you are away, your injections may be delivered to an alternative address in the UK. There are restrictions on this and it may take longer than usual to arrange, so contact your homecare provider and severe asthma centre in plenty of time, usually at least 4 weeks before. If possible, do not arrange holidays when your dose is due as you will need to consider how you can store your injections. The homecare provider may be able to advise you on travel cool bags. Remember, it is important to declare your asthma when buying travel insurance. If you don't, they might not reimburse the costs of any care you need should you become unwell.

**Asthma + Lung UK specialist nurses:**  
[www.asthma.org.uk](http://www.asthma.org.uk)

Asthma + Lung UK has a really helpful website with lots of handy information for people with asthma, including information about managing asthma.

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# HAVING MY ASTHMA BIOLOGIC INJECTIONS AT HOME

Could having my injections  
at home work for me?

The **AHSN** Network

## Having my asthma biologic injections at home

Some asthma biologic injections do not need to be given in hospital. Instead, you (or a carer), can learn how to give the injection and you have it at home. This is called home administration, but is not for everyone. Some people want to keep having doses at clinic, or the asthma team do not think it is safe for you. Others try it, but then circumstances change or they are not happy and ask to go back to having doses in clinic. If this happens, talk to your asthma doctor, nurse or pharmacist and they will help. This leaflet aims to help you understand more about having your asthma injections at home.

## What are the benefits of having my asthma injections at home?

You will need to continue to inject your medicine according to your prescription but you will no longer need to travel to the hospital to receive it, so it is more convenient for you. The medicines may be dispensed by your hospital pharmacy for you to take away like other medicines, but often, the injections can be delivered directly to your home and this is called "homecare".

## How does the homecare medicines service work?

The hospital will send a prescription for your injection to a company approved by the NHS who provide this homecare service. The company dispense your prescription and will contact you to arrange a delivery to an address of your choice, on a day agreeable for you. All of your other medicines are supplied in the usual way – e.g. from your GP and local pharmacy. You must continue to use your inhalers as prescribed.



## Does being on homecare affect my asthma care?

Being part of the homecare service will not affect other aspects of your care. You should still attend your hospital appointments as normal (these may be in person or by video/telephone call). If you do not attend appointments, your biologic injection deliveries may be stopped.

## Who are the homecare providers?

There are a number of companies registered with the NHS to provide medicines in this way. They are trusted providers who offer a reliable and professional service.

## What information will the homecare provider need?

The homecare company is given your name, contact details and prescription. The information is stored confidentially (under The Data Protection Act 2018), will not be shared, and only accessed by those involved in the homecare service. The company will only contact you to arrange delivery of your injections unless you agree to have further support through them.

## How will my injections be delivered?

Deliveries are made by a courier or by one of the homecare company drivers to the address you have provided. Depending on which injection you are taking, you will receive deliveries every 4, 8 or 12 weeks and you may receive more than one injection in each delivery. To protect your confidentiality there will be nothing on the outer packaging of the parcel to indicate its contents. It is your responsibility to ensure that an authorised person is available to receive your biologic injection at the arranged address, date and time. You must let both your homecare provider and asthma centre know immediately if your address or other contact details change.

## What do I do if I have a problem?

Your homecare provider will give you a telephone number for their customer services team, including information on how to contact them out of hours. The homecare provider cannot answer health-related questions, so if you have a problem that requires medical assistance you should follow your asthma action plan, talk to your GP, severe asthma centre or in an emergency, call 111 or 999.

