

Safe Use of Sharps for Children and Young People with Type 1 Diabetes

Advice on how to dispose of your sharps safely to avoid sharps injury

Safe Use of Sharps for Insulin Injections

- You should never try to recap a needle.
- All used sharps should be disposed of in the correct way to minimise risk of injury to others. They must all be disposed of in a rigid sharps box.
- There should be a sharps box in your school for you to use during the school day.
- Never put used needles or lancets into a normal waste bin as the person emptying the bin could be injured.
- Do not carry used needles or lancets around in your school bag as this increases the risk of someone else being injured.
- Once your sharps box is full to the marked point, you should exchange it at your G.P. Surgery. You will need to check with the surgery if there are specific days that exchange is available.

Safety needles

If your child is very young, or unable to do the school injection themselves, staff in school may be able to administer the insulin to them. In this case they should use safety needles (Autoshield). These are available on prescription.

Using a needle clipper

You can use a clipper to snip off a needle or the sharp part of a syringe. The needle stays inside the clipper. Clippers are not designed to remove lancet needles.

Clippers are available for free on prescription.

Sharps Injuries

What is a sharps injury?

A sharps injury is when someone is injured with a sharp object (needle or blood glucose lancet) which has been used by another person.

The risk is that the sharp may be contaminated and could then pass infection from one person to another.

What to do if you have a sharps injury

Encourage the wound to gently bleed, ideally holding it under running water.

Wash the wound using running water and plenty of soap. Don't scrub the wound while you are washing it.

Don't suck the wound.

If you receive an injury from a contaminated (used) or potentially contaminated sharp you must seek urgent medical advice.

You will possibly be given antibiotics to prevent infection.

Leaflet Details

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Useful Contact Details

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Evidence

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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