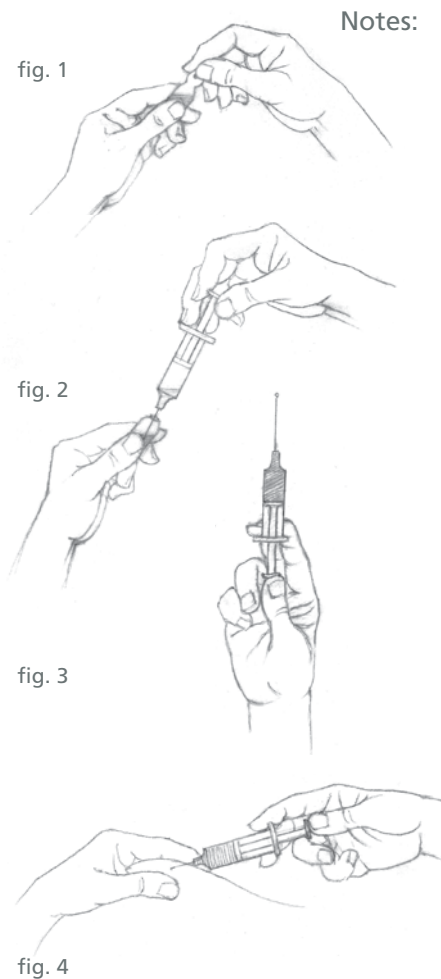


Instructions for injection of mistletoe preparations

Mistletoe preparations are injected subcutaneously beneath the skin in cases of cancer. Please note the following points:

- You will need: A 2 ml disposable syringe and a short disposable needle, size 0.4 x 20 mm
- Injection site:: Abdomen, possibly thigh or site indicated by your doctor
- Instructions:
1. Attach the needle to the syringe.
 2. Break the ampoule below the red dot: hold the ampoule with the red dot facing upwards and snap off the top of the ampoule with a downwards movement (fig. 1).
 3. Draw up the contents of the ampoule into the syringe (fig. 2). Remove any air remaining in the syringe by holding the syringe with the needle uppermost and depressing the plunger carefully until all the air has been expelled and a drop of liquid appears at the tip of the needle (fig. 3).
 4. Pinch up a fold of skin between the index finger and thumb of one hand; using the other hand, insert the entire needle into the skin fold at an angle of about 45° (fig. 4).
 5. Check that the needle is in the right place by pulling back briefly on the plunger. If blood appears in the syringe, take the needle out and insert it again at a flatter angle.
 6. Inject the entire contents of the syringe slowly into the fold of skin while continuing to hold it.



- Do not inject
- into areas of inflamed skin
 - around recent surgical scars
 - near areas that have been irradiated during radiotherapy
 - into the arm or breast on the side operated on for breast cancer
- Use different injection sites (e.g. alternate the right and left sides of the abdominal skin).
- Dispose of syringe and needle carefully after use.

Reddening, hardness and itching at the injection site may occur briefly at the start of therapy. These are desirable reactions. However, the redness should not exceed 5 cm in diameter. If the area of red skin is clearly more than 5 cm across, or you have a temperature of more than 38.5°C, you should wait until these symptoms have abated before you give yourself the next injection. If this should happen, please tell your doctor, who may reduce the dose you are using.