

Here are the five steps of the perinodular injection :

1. PREPARATION OF REQUIRED MATERIALS
2. FILLING OF THE SYRINGE
3. PREPARATION OF THE IDEAL CONDITIONS FOR TREATMENT AND COOLING OF THE INJECTION SITE
4. INJECTION PROPER: SELF-INJECTION
5. COLLECTING USED MATERIALS

1. PREPARATION OF REQUIRED MATERIALS

Ideally, the materials required for daily injections can be gathered on a tray (cabaret style tray), thus keeping all material in one area and facilitating the injection session. During the period of daily injections, the tray must be **stowed safely**, in order to prevent access to children.

Notes :

Apart from the preparation period of the syringe for the injection, 714X must be kept **refrigerated** at 39.2 F (4 ° C) in order to avoid vaporization of a very volatile substance contained in the product.

We would like to remind you that before being opened, the vials of 714X can remain at room temperature, in a cool storage space (or refrigerated), until the expiration date printed on the box.

As soon as the seal is **opened, the vial of 714X should be refrigerated as soon as possible and used within 30 days.**

Necessary Material

All the following material should be gathered together on a clean tray :

- **A vial** of 714X, 6,5 ml. (Reminder: 1 cycle = 2 vials)
- **One tuberculine syringe**, 1 cc with graduations of 1 / 100 with a 26G sized needle
- **94% alcohol** (equivalent to ethyl alcohol, which can be bought in liquor stores) to be used with an alcohol dispenser, if possible, no prevent waste. (Never use 70% isopropyl alcohol: it denatures the product)
- **Cotton compresses** or clean cotton balls (Do not use pads pre-soaked in 70% isopropyl alcohol).
- **A small ice pack** (cold) or a plastic zip lock bag filled with ice cubes.
- A box of **facial tissue** or paper towels
- A **watch** or clock with a hand which marks seconds
- A **glass jar** (about a liter) filled with a mix of water and bleach for the disposal of contaminated material (needles, cotton swabs, etc.)
- A hand **brush**

2. FILLING OF THE SYRINGE

Beforehand commencing, wash hands and brush with antibacterial soap preferably.

STEP 1 : **Preparation of the syringe**

Use a 1 ml tuberculin syringe with graduations of 1/100. Take out the syringe from its sterile packaging by pulling off the tab for that purpose. Ensure that the needle is well attached to the syringe. Also ensure that the protective cap of the needle slides easily so you can gently put it back in place when the operation is completed. Play around with the syringe piston to ease the movement, which will facilitate the injection. The syringe is now ready to be filled.

STEP 2 : **Preparation of the 714X vial**

Take the vial of 714X (unopened if using for the first time). During the first usage, clean the top of the metal cap with a cotton swab/ball soaked in 94% alcohol*. Ensure that cap is dry. Lift the metallic disc at the center of the capsule and take it off completely. The uncovered circular area reveals the rigid rubber to be perforated by the needle of the syringe during the daily filling of the syringe.

With a new cotton ball soaked in 94% alcohol *, clean the cap of the vial by this time sterilizing the gray rubber stopper.

* If this alcohol is not available in your area, you can use vodka, even as low as 40%.

STEP 3 **Inserting the needle into the 714X vial - taking the product**

Take the pre-prepared syringe for filling purposes. Remove the protective cap. Hold the syringe in the right hand (if right-handed) as if holding a pen, or in the left hand (if left-handed). Hold the vial of 714X in upside down position, with the cap below. With the needle of the syringe, pierce the grey rubber in the centre of the vial. With the left hand, hold the vial **as well as** the syringe in a reversed vertical position. Gently pull back the piston of the syringe until the required quantity of 714X is obtained for the daily injection. (please see table for on the following page).

If using the BD Allergy Syringe # 305539 available at CERBE Distribution inc, (see diagram below), you must use the prescribed daily dosage according to the table in the next page.



If you can only use a brand of syringe different from BD Allergy Syringe #305539, REMEMBER TO ADD **0.1 ml** more than the required dose in order to compensate for the loss of product which stays trapped in the syringe. (see diagram below)



Example for a syringe with a loss of product.

If 0,5 ml of product is required, add another 0,1. In total, 0,6 ml of 714X needs to be extracted from the vial.

This loss of product has been accounted for in the amount of 714X available for the 21 day treatment ($2 \times 6,5\text{ml} = 13\text{ ml}$)

FILLING THE SYRINGE

VOLUME USED		
Calendar day	First cycle	Following cycles
Day 1	0,1 ml	0,5 ml
Day 2	0,2 ml	0,5 ml
Day 3	0,3 ml	0,5 ml
Day 4	0,4 ml	0,5 ml
Day 5 to Day 21 inclusive (17 Days)	0,5 ml	0,5 ml
Volume used if BD Allergy Syringe Tray #305539	9,5 ml	10,5 ml
2 vials contain (1 box of 714X)	13,0 ml	13,0 ml
Excess quantity After 21 days	3.5 ml	2.5 ml

Reminder:

- **During the first five days of treatment of the first cycle**, the product is to be injected **progressively**, starting with 0,1 ml on day 1, 0,2 on day 2 and so on until Day 5.
- The following days of the first cycle (from Day 5 until Day 21 inclusively), the product is to be injected at a daily dose of 0,5 ml
- An obligatory 2 day pause must be taken after each 21 day cycle

- **For all other consecutive cycles** (second and subsequent), the product is always to be injected at 0,5 ml per day, from the first to the 21st day inclusively.
- Children who weigh less than 30 kg (66 pounds) are to be given half of the prescribed dose for adults.

STEP 4 *Removing the filled syringe.*

While still in its vertical position, pull out the needle from the rubber cap of the 714X vial which we can then place back standing up on the tray. Pull the syringe piston downwards and lightly tap the syringe body to enable trapped air bubbles to move up to the surface.

Gently push the plunger up until a drop of 714X appears on the tip of the needle. Do not push too hard to avoid wasting the product.

Place the syringe on the tray taking care to replace the protective cap (without pushing it too hard) to preserve the sterility of the needle until the time of injection.

Notes :

- **Once the syringe is prepared, remember to immediately place back the vial of 714X in the refrigerator.**
- **The injection process must be started without the next twenty minutes following the filling of the syringe. If for any reason the injection process needs to be postponed, place the syringe in the refrigerator until the time of its use.**

3. PREPARATION OF THE ENVIRONMENT AND COOLING OF THE INJECTION SITE

The injection should be given in a calm and peaceful atmosphere. An intimate setting as well as a comfortable room temperature will also help. Each one should choose the space which they find the best for them.

For self-injection, the semi-sitting position is desirable, on a reclining chair or sitting on a bed with pillows to elevate your upper body.

Wearing suitable underwear which do not inhibit the body's circulation is strongly recommended. They should be easy to lower for the duration of the treatment.

The necessary preparations for the person who will receive the injection can be summarised in three steps :

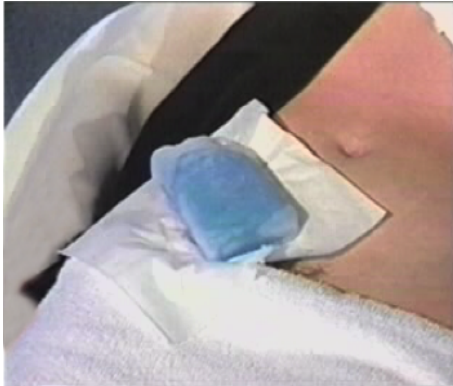
Step 1 : Cooling the injection area (a surface area greater than the injection site).

This step is very important

Cooling the injection area is necessary in order to prevent the vaporisation of the product on the surface. Already at body temperature (98,6 F ou 37 C), 714X already has a tendency to evaporate. Cooling the area assures a painless injection and an optimal absorption of the product via the lymphatic tract.

For the self-injection, the preferred injection site remains the same, the right groin area, also called the right inguinal area.

Procedure



Place the ice pack (or the bag of ice) on the fold of the right groin called the *crural fold*, taking care to insert a paper towel (*Kleenex*) between the ice pack and the skin. Leave on for 10 to 15 minutes. The skin must be lightly pink before doing the injection.

If the cold sensation stays difficult to bear, add more paper towels to make it thicker. You can adjust this depending on your skin's sensitivity.

Step 2 : Sterilisation of the injection zone



When the skin is sufficiently cooled (lightly pink), disinfect the injection site with cotton swabs soaked in 94% alcohol.

Notes:

- It is not necessary to use rubber gloves for the self-injection.

Step 3 : How to locate the injection site

This technique uses an **anatomical point of reference: the pulse of the right femoral artery felt in the right groin. (Previously located)**



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STEP 1 : Preparation

Sterilise the injection zone with a cotton ball soaked with 94% alcohol (with the skin sufficiently cooled). Ensure the alcohol dries well.

STEP 2 : Locating the injection site

After practicing with your right hand, use the ring and middle fingers of the left hand to locate the femoral artery pulse **on the fold of the right groin**.

STEP 3 : Pressure and holding the pressure with the same fingers

With the left thumb, firmly stretch the skin of the lower abdomen towards the navel to ensure that the skin remains fully stretched. The skin of the lower abdomen should remain taut towards the navel throughout the injection, while the left middle finger remains on the femoral artery pulse.

STEP 4 : Making sure the deep lymph nodes protrude

The pressure of the left middle finger on the femoral artery pulse ensures that the nodes you are aiming for are slightly raised to absorb the injected product optimally.

STEP 5 : The injection of 714X – introduction of the product into the lymph

Without hesitation, with the right hand, put the needle on the skin and with a small fast stroke, insert the needle into the injection zone. To control the volume of solution injected, it is best to push the piston by turning it on its sides rather than directly push it from the top. **Push once every ten to fifteen seconds so that the liquid is introduced slowly into the lymphatic circulation.**

When all the product is injected, that is to say when the syringe piston is fully pressed to the maximum point, count 60 seconds before withdrawing the needle completely: this is a preventive measure to avoid the rising up of the last drops of the product through the needle. This rising to the surface of the product could cause a little uncomfortable feeling like a pinching sensation, caused by the vaporization of the product in the muscle fibers on the surface. Although it can be uncomfortable, this sensation is **not dangerous**.

STEP 6 : Cooling of the injection zone - post injection

Once the needle is removed, use a new cotton ball soaked in 94% alcohol to sterilize the injection site. Immediately replace the Ice Pack (or bag of ice) in the right groin area, and with the **cotton** ball soaked in alcohol, keep applying pressure at the point of insertion of the needle to ensure sterilisation of the injection site and the rapid closure of the opening.

A tissue (or paper towel) can be placed over the injection site (over the cotton ball, between the skin and the Ice Pack) to prevent skin bruising from ice burning. The cooling period can last from five to fifteen minutes depending each person's sensitivity. Once this time period has elapsed, the patient can get dressed and resume their usual activities.

Extreme physical exertion is not recommended in the hours after the injection (intense training, active sports, etc.), nor is too much back and forth movement like running up and down the stairs.

Regardless of whether the person receiving the product is left-handed or right handed, the injection site is always in the **right groin area**. Purely anatomical reasons justify this choice.

Even a left-handed person has to inject 714X in the right inguinal region. (A left-handed person should simply reverse the selection of hands to act with dexterity.)

5. COLLECTING USED MATERIALS

It is strongly recommended to put the contaminated material (needles, cotton balls, etc..) in a glass jar with a lid that closes tightly.

The jar should be filled with a mix of water and bleach. (Ten parts water to one part bleach). This precautionary measure prevents unfortunate accidents that may occur when handling domestic waste.

In the case where the user of 714X has a contagious disease, it is recommended to check with public health offices regarding existing procedures on how to safely dispose of contaminated biological materials (needles, syringes, cotton balls, gloves, etc). This measure helps to minimise risks of contamination.

PARTICULAR CASES

In certain circumstances, the injection protocol previously described should be slightly adapted. We can think of two particular situations:

a. **For those who are obese**

It is preferable that the obese person wishing to use 714X (self-injection) is accompanied by another person who can help hold up the the patient's fat **for the duration of the injection**. This support will help to facilitate the location of the injection site and free the patient's both hands so that he can self-inject according to the protocol.

In this case, an adjustable mirror positioned at the patient's right may ease the adequate visualization of the injection site.

b. **When lymph nodes have been removed**

In cases where there has been surgical removal of the lymph nodes on the right, 714X can be injected on the left side. There are no other solutions. In this case, all preparations for the injection are the same, that is to say, localising the pulse and the injection site, keeping the pressure on the femoral artery, site sterilization, cooling, and the same injection technique. However, the needle will be directed towards the right and will aim for the deep lymph nodes on the left.

In cases where the lymph nodes have been removed on both sides, it becomes impossible to use 714X by perinodular injection. In these exceptional circumstances, an ultrasonic nebulizer must be used, which is the only remaining method of administration. (Please see Section II)

In this particular circumstance, when it is impossible to directly introduce 714X into the large lymphatic circulation as described in the protocol, there is another mode of intromission which can be suitable, however more restrictive but still effective. This is with the use of a medical device called an ultrasonic nebulizer. 714X would therefore be inhaled and absorbed through the lymph nodes of the respiratory tract. (Please see Section II of the Administration protocol: The ultrasonic nebulizer)

II. THE ULTRASONIC NEBULIZER

As already explained earlier, the perinodular injection aims to drain the large lymphatic circulation (75 % of the body). This was discussed in the first part of this document.

The addition of a secondary treatment of 714X is recommended to optimize the small lymphatic circulation, which drains the upper right part of the body (25%).

The use of the secondary treatment is warranted when the disease is located in the upper right part of the body.

To enter the small lymphatic circulation, 714X must be absorbed by the lymph nodes the upper respiratory tract.

For this reason, a specialized device called a *nebulizer* should be used. This device has the ability to transform a liquid product into very fine droplets.

A mixture of 714X prepared in 2 ml ampoules for nebulizer use is transformed into vapour to be easily absorbed by the lymph nodes of the respiratory tract.

Using 714X with the nebulizer, as an **adjuvant treatment**, should only be started from the second cycle of the perinodular injections. The nebulizer treatment should be used daily at 12 hour intervals with the injection (regardless of the time of injection, in the morning or afternoon).

The nebulizer session's three steps :

1. PREPARATION OF THE REQUIRED MATERIALS
2. ACTUAL INHALATION SESSION
3. COLLECTING USED MATERIAL (PREVENTI

1. PREPARATION OF THE REQUIRED MATERIALS

The Nebulizer session, although relatively simple to perform, requires **the appropriate 714X product**. Make sure to have:

- a. 714X specifically made for nebulizer use

714X made for inhalation CANNOT BE INJECTED

714X made for injection, CANNOT BE USED FOR INHALATION

714X for inhalation is packaged into a box of seven single-dose ampoules (2 ml). Each session requires one ampoule. The ampoule is pre-filled and breaks easily. A 21-day treatment thus necessitates three boxes of seven ampoules.

- b. A nebulizer device should be able to produce droplets smaller than or equal to 5 microns. This device can be rented or bought from shops specializing in medical devices. 714X, placed in the small cup that comes with the unit, is transformed into vapor. The vapor produced is then inhaled through a mouthpiece, thus introducing the active ingredient into the bronchi.
- c. A clean, stable and solid table, situated near a power outlet.
- d. Facial tissues (Kleenex) or paper towels
- e. A glass jar to throw the broken ampoules

ACTUAL INHALATION SESSION

STEP 1 : Preparing the nebulizer

Make sure you understand how the nebulizer works by reading the manufacturer's users'guide. Place it on a clean and stable table, near a power outlet. Make sure the nebulizer is plugged in and that you are sitting at a comfortable height.

STEP 2 : Sterilisation of the mouth piece

Take out the plastic nozzle to be put in the mouth. Clean it with 94% alcohol with a cotton ball.

STEP 3 : Fill in the small cup with 714X

Take out an ampoule from the box of 714X. Hold it with the left hand (for right-handers and vice-versa for left-handers) in an upright vertical position. Tap it lightly to get the product at the top end to descend towards the bottom of the ampoule.

With the right hand (for right-handers, and vice-versa for left-handers) and with the help of a tissue, twist the top of the ampoule so it breaks at the pre-marked area. Take out the broken top of the ampoule.

Pour the content of the ampoule into the small nebulizer cup by tapping lightly on the bottom of the ampoule. Insert the little cup into the compartment inside the nebulizer.

Replace the head of the nebulizer.

STEP 4 : Checking the device

Install the nozzle on the nebulizer. Turn on the device and ensure that vapor comes out at the end of the nozzle. Once this is verified, turn off the device so that no product is wasted.

STEP 5 : Beginning of inhalation

Never hold the device in your hands. The nebulizer should always be **levelled** on a table for optimal functionality. Place the sterilized nozzle in your mouth. Close your mouth.

STEP 6 : Alternate deep inhalation and slow exhalation

Turn on the unit. **Take a deep breath. Swallow** and **exhale** slowly through the nostrils, mouth closed. (Turn off the device during the exhalation to avoid unnecessary loss of the product.)

Continue alternating **deep breaths, swallowing, and long exhalation** until the product in the cup is finished. Some product residue can remain inside the cup, either crystals or a whitish powder. Depending on the strength of inhalation (or the brand of your nebulizer), the product will be absorbed in 5 to 30 inhalations. Some can do deep inhalations, others less so. The number of inhalations is not the main concern, what is important is to finish all the product.

STEP 8 : Cleaning

Once the inhalation session is complete, unplug the appliance, drain the water, dry well and clean the cup for the next session. Store the nebulizer in its box.

Practical advice

- Occasionally, sensitive people may experience a peculiar sensation in the throat or the bronchi: slight tingling or burning sensations. This is temporary, safe, and is an indication that the product has been well absorbed by the glands of the respiratory system.
- Please ensure that you have the right 714X ampoules (small, single dose ampoules) for the nebulizer treatment.

2. GATHERING USED MATERIAL (PREVENTION)

The 714X ampoules for nebulizer can be used only once. As a preventative measure, the debris of broken ampoules should be collected and placed in a glass jar (which seals with a good lid). This procedure is encouraged to avoid injuries when handling domestic waste.

Always ensure that broken ampoules are kept safely away from the reach of children.