As with many treatments delivered under the skin, it is possible that at some point during APO-go treatment you will experience skin reactions. This can include redness, tenderness, itching and/or the development of small hard lumps or ‘nodules’ under the skin at the infusion site.

These symptoms are not dangerous and can be helped or prevented by taking certain steps, described in this leaflet.

You may also find these symptoms improve as you gain confidence using APO-go. In many cases, good hygiene will minimise the risk of skin reactions.

Skin management guide

Before administering APO-go for the first time, please watch the ‘Setting up the APO-go Infusion and Pump’ DVD and read the leaflet carefully. When setting up the pump and administering APO-go, make sure you follow the skin care steps below.

1. Keep it clean
   - Clean your hands thoroughly before and after injecting APO-go
     - Remove any rings. Use liquid soap and count to 15 as you lather and rub
     - Pay particular attention to fingertips, fingernails, thumbs and palms
     - Dry hands with a clean towel
   - Use a clean surface to set up the pump such as your APO-go tray, which should also be kept clean and dry
   - Use a new needle every day and avoid re-using the needle if it falls out

2. Choose your site
   - Ensure the site you choose is clean and dry
   - You may wish to consider removal of hair from the injection site, which will also help the adhesive strip to stick
     For further advice on choosing a site please talk to your Nurse advisor in APO-go therapy or Parkinson’s Nurse.

3. Insert your needle correctly
   - Insert the needle slowly and gently in one smooth motion
   - Insert the needle at the correct angle to the skin (90° or 45°, depending on the type of needle you are using. See diagram on the right and the ‘Setting up the APO-go Infusion and Pump’ DVD for further details, or ask your doctor or nurse). Lines such as Neria or Sof Set should be inserted at 90 degrees, whereas others may have to be inserted at 45 degrees
   - If you are using the APO-go Pen, a new needle needs to be used for each injection
   - You may wish to discuss any issues or concerns with needle insertion with your Parkinson’s Nurse or Nurse Advisor

4. Look after your Injection site
   - Depending on the type of needle you are using, you may be advised to cover it with an additional dressing to secure it in place
   - After removing the needle, gently squeeze the area and wipe away any excess APO-go with a clean tissue by hand
   - To help avoid nodule formation, the following day the area can be massaged for a few minutes by hand or using a hand-held device recommended by your Parkinson’s Nurse or Nurse Advisor
It is important not to use the same area of skin on consecutive days. Doing so can lead to the formation of lumps or ‘nodules’, which may prevent APO-go from working properly.

Changing the injection site daily is called ‘site rotation’ and you should consider changing the site at the first sign of pain, swelling or redness. Suitable needle sites can be recommended by, and discussed with, your APO-go Nurse Advisor or Parkinson’s Nurse. Please use the diagram for recommended infusion sites:

When choosing an infusion site, always ensure:

- It is at least 2.5cm (1 inch) away from a previous infusion site
- It is at least 2.5cm (1 inch) away from the belly button

There are also other areas which may be suitable for placing the needle – please discuss with your Parkinson’s Nurse or Nurse Advisor in APO-go Therapy.

In addition, avoid placing the needle

- In a skin fold or in scar tissue
- In skin that is red, itchy, painful or swollen
- Where it may be accidentally knocked out

To help you keep track of where you have previously administered APO-go, it can be useful to follow a pattern (such as a clock or the letter M or W) and to keep a record of the areas where you inject on a daily basis.

Managing persistent skin reactions

If you experience persistent redness, itchiness, pain or swelling around any infusion site, please report this to your APO-go Nurse Advisor or Parkinson’s Nurse, who can assess them and offer you advice on how to minimise or resolve the problem. This may include changing the type of needle you use. If you experience skin ‘nodules’ that do not go away with regular massage, it may be possible that your APO-go Nurse Advisor or Parkinson’s Nurse will be able to refer you for ultrasound treatment (a non-painful treatment that uses high-frequency sound waves) that often helps to break up skin nodules.

To talk to your healthcare professional or visit www.apo-go.co.uk for other handy tips on skin maintenance. For any technical issues relating to your pump please call the APO-go technical helpline 0844 880 1327.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.