

# Safe disposal of sharps

## Paediatric Diabetes Team Patient Information Leaflet

## Introduction

This leaflet is about how to get rid of sharps safely. It is for people who have diabetes, or parents/carers of children who have diabetes.

## How do I dispose of sharps?

Sharps include both needles and lancets. **You cannot put used sharps into general household waste bins.** You need to put them into a special yellow sharps bin (please see figure 1). These are available on prescription from your GP.

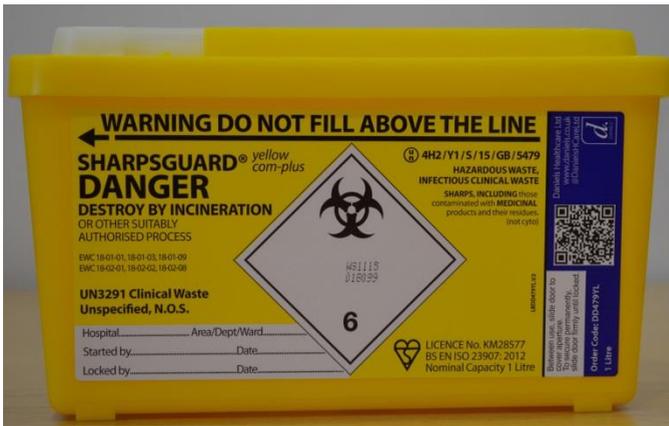


Figure 1 shows a yellow sharps bin

It is a good idea to have the sharps bin close when using needles and lancets so that you can put them straight in.

## What happens when the sharps bin is full?

Once full, close the sharps bin securely and return it to your GP surgery. If you are living outside the Dudley area, please note that some GPs may have an alternative collection method for disposing of sharps bins. You will need to ask for this information from your GP surgery.

## What if I injure myself with a used needle?

If you pierce or puncture your skin with a used needle, follow this first aid advice immediately:

- Encourage the wound to bleed, ideally by holding it under running water
- Wash the wound using running water and plenty of soap
- Do not scrub or suck the wound
- Dry the wound and cover it with a waterproof plaster or dressing
- You should also seek urgent medical advice at the nearest emergency department

## What about when my child is at school?

You will need to take a sharps bin to your child's school. When this is full, you will need to collect it and dispose of it in the usual way.

### Advice for your child when they are at school

Ask your child to put their own needle safely in sharps bin when they use it. They should make sure they are near the bin before they use the sharp.

If your child is very young or disabled, and a member of staff is therefore doing the injections, the staff member must always:

- Use AutoShield needles (see figure 2)
- Never put needles back in the sheath (cover)
- Wear gloves for personal protection as stated in the school policy



Figure 2 shows AutoShield needles

We encourage patients and their families to contact the Paediatric Diabetes Team for support whenever they need it, on 01384 321420 (9am to 5pm, Monday to Friday).

You can also email us at [paediatric.diabetes@dgc.nhs.uk](mailto:paediatric.diabetes@dgc.nhs.uk)

If you need urgent advice, or it is outside of these hours or on a Bank holiday, please contact the Children's Ward at Russells Hall Hospital on 01384 244271.

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/paediatrics-and-neonatology/>

If you have any feedback on this patient information leaflet, please email [patient.information@dgh.nhs.uk](mailto:patient.information@dgh.nhs.uk)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔