

# Elonva

Store Elonva in a fridge between 2-8 degrees, if you are transporting your medication keep it in a cool bag with an ice pack and put it in the fridge as soon as possible. Once opened you can only use each pen within 28 days. Ensure the pen is within the expiry date.

- Prepare your chosen injection site with an alcohol wipe to sterilise
- Remove the syringe cap and the needle cap and attach the needle to the syringe
- Remove the needle shield
- Tap the side of the syringe so any air bubbles rise to the top
- Push the plunger until the air disappears and a small drop of liquid appears at the top of the syringe
- Pinch a small section of your injection site and push the needle into your skin
- Release your pinch and gently push down on the dose button as far as it goes and hold still for 5 seconds
- Dispose of the needle in the sharps bin

You can find more information [here](#) if required.