

# JOB AID: CAB-LA USE INSTRUCTIONS

## Product Formulation & Use



**Cabotegravir  
600-mg/3-mL**

Long-acting cabotegravir (CAB-LA) is formulated as a liquid suspension (each injection contains 3mL of cabotegravir)

- Starting CAB-LA requires two INITIATION INJECTIONS 1 month (+/- 7 days) apart
- Continuing CAB-LA requires FOLLOW-UP INJECTIONS every 2 months (+/-7 days)

Administer injections with the following supplies:

- 6mL syringe
- 23-gauge 1½ inch injection needle
- Non-sterile gloves
- Alcohol wipes
- Gauze pads
- Sharps container
- Adhesive bandage

## CAB-LA Preparation

- 1 Prepare supplies needed for injection (see list above)
- 2 Inspect the vial for foreign matter and to ensure the expiry date has not passed
- 3 Vigorously shake the vial for 10 seconds to ensure uniform suspension and let bubbles subside after
- 4 Warm the vial with the heat from your hands if vial is cool, e.g., from refrigeration
- 5 Inject 1ml of air into the vial then withdraw all liquid from the vial
- 6 Discard any excess liquid from syringe so that exactly 3ml remain
- 7 Exchange the withdrawal needle to the new injection needle prior to injection; injection needle should be 23 gauge (1½ inch) unless long injection needle is necessary (if BMI > 30 Kg/m<sup>2</sup>)
- 8 Draw up liquid suspension into syringe immediately prior to intended use (CAB-LA may remain in syringe for up to 2 hours but then must be discarded if not used. Refrigeration will not extend the 2 hour maximum)



**The medication can  
remain in the syringe for  
up to 2 hours**

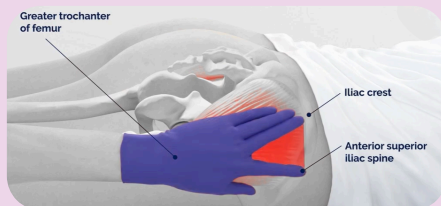
# Identifying the Injection Site: Ventrogluteal or Dorsogluteal

## Ventrogluteal Injection Site

**Step 1:** Place the heel of your hand on the client's greater trochanter and your index finger on or towards the anterior superior iliac spine



**Step 2:** stretch the middle finger away from the index finger creating a triangle

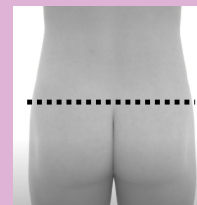


**Step 3:** The injection site is formed by the triangle created by the index finger, middle finger, and iliac crest

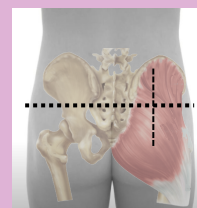


## Dorsogluteal Injection Site

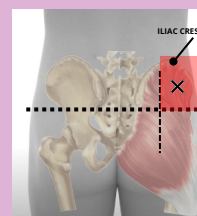
**Step 1:** On either side of the buttocks, visualize horizontal line from the top of the gluteal cleft (the crack between the buttocks) laterally toward the hip.



**Step 2:** Midway on that line, make a vertical line extending upward about 7 1/2 cm (3 in) and downward about halfway down the buttock. The horizontal and vertical lines should form a cross that divides the buttock into four quadrants



**Step 3:** Locate the iliac crest in the upper-outer quadrant. The injection site is located 5-7.5cm (2-3 in) below the iliac crest

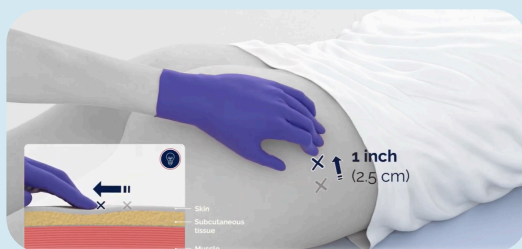


## Injection Technique (Z-Track Method)

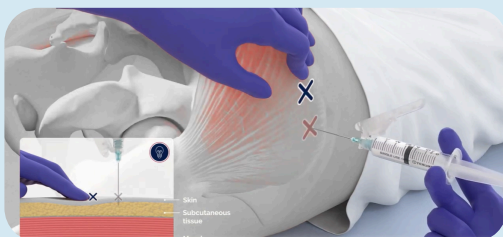
Recommended with either injection site option to prevent tracking or leakage of the solution

**Step 4:** Clean injection site with alcohol wipe

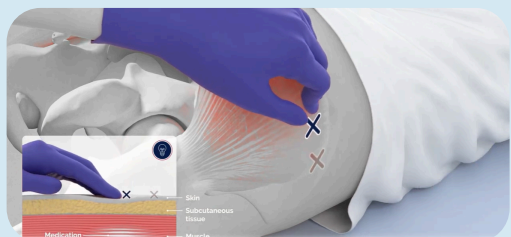
**Step 5:** Pull the skin laterally to displace the tissue about 2.5 cm (1 in)



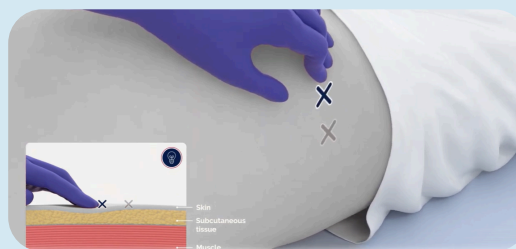
**Step 7:** Insert the needle at a 90 degree angle



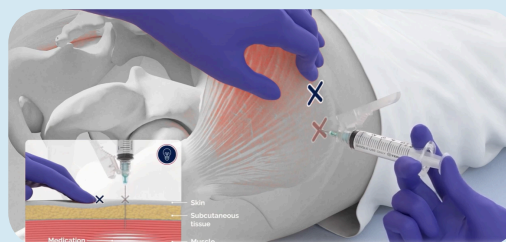
**Step 9:** Once administration is complete, wait a few seconds before withdrawing the needle



**Step 6:** If you have marked the skin the mark will have moved, visualize the original injection location while the skin is being stretched



**Step 8:** inject the medication slowly into the muscle at a constant rate



**Step 10:** Apply dry gauze at injection site and replace with a bandage if necessary

**Step 11:** Dispose of needle and syringe in sharps container