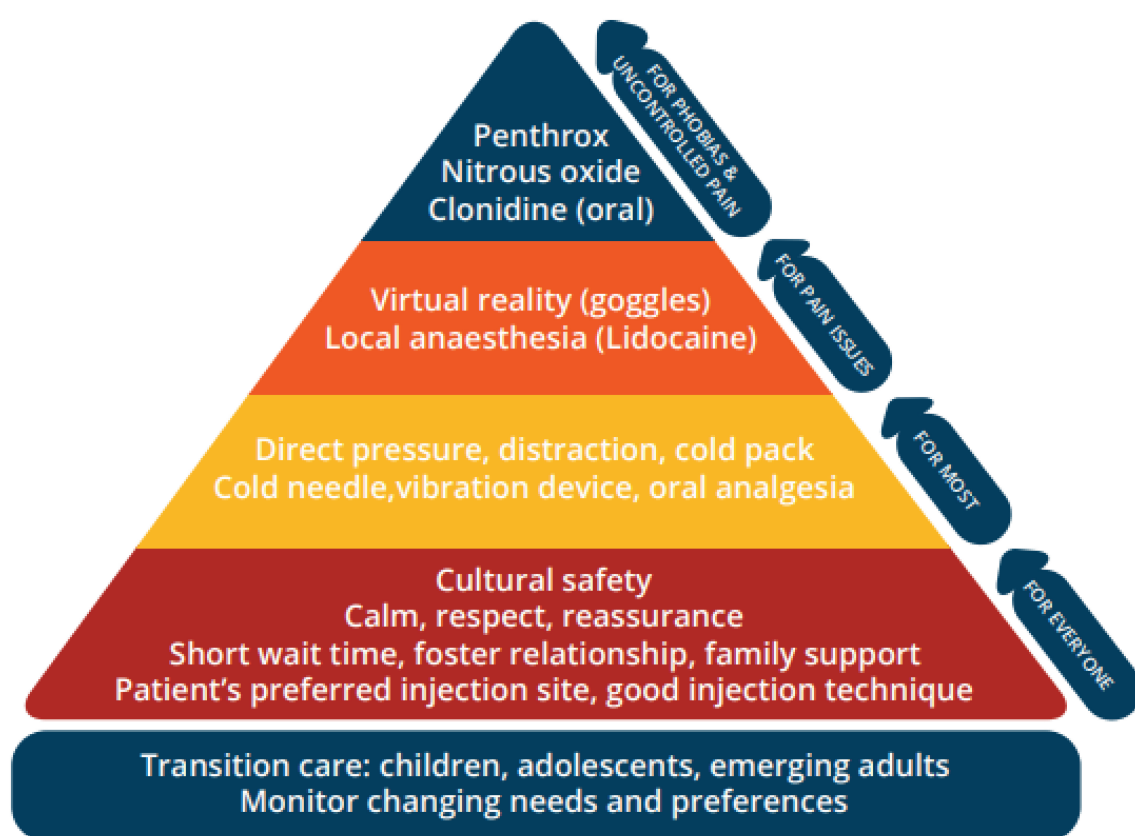


# BPG MADE EASY

The basics of administering benzathine benzylpenicillin G (BPG) intramuscular injections for acute rheumatic fever (ARF) and rheumatic heart disease (RHD).

## BEFORE GIVING THE INJECTION

- Review your local policy regarding the administration of BPG
- Required every 21-28 days - check when the dose is due
- Provide a prompt and friendly injection service
- Check patient preferences for injection administration



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<https://www.rhdaustralia.org.au>

## PAIN MANAGEMENT OPTIONS

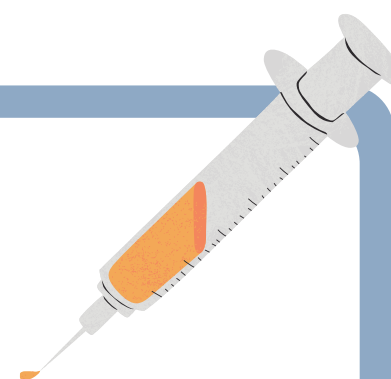
Follow the Strategies for Injection Managing Pain, Fear and Distress pyramid as per the ARF/RHD Australian 2025 guidelines

## PREPPING

- Warm the syringe to room temperature (if refrigerated)
- Add lidocaine as per guidelines, if prescribed

## CHOOSING A SITE AND INJECTING

- Choose an appropriate injection site: dorsogluteal, ventrogluteal, vastus lateralis
- Apply pressure directly to the injection site for 10 seconds immediately before injecting
- Use a 21-gauge needle to inject
- Draw back gently to ensure you are not in a blood vessel
- Inject slowly over 2-3 minutes



## AFTER THE INJECTION

- Observe for 15 minutes post injection in case of adverse reaction
- Remind when the next injection is due and the importance of injection timings
- Call / email / fax the RHD Register with the patient and injection details - notifying the RHD Register is mandatory for all ARF and RHD related treatments

## OTHER RESOURCES

- Clinical guidelines, eLearning and other resources are available at: <https://www.rhdaustralia.org.au>
- WACHS MyLearning course: [Rheumatic Heart Disease Introduction Declaration \(RHD EL2\)](#)

