

BPG MADE EASY

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

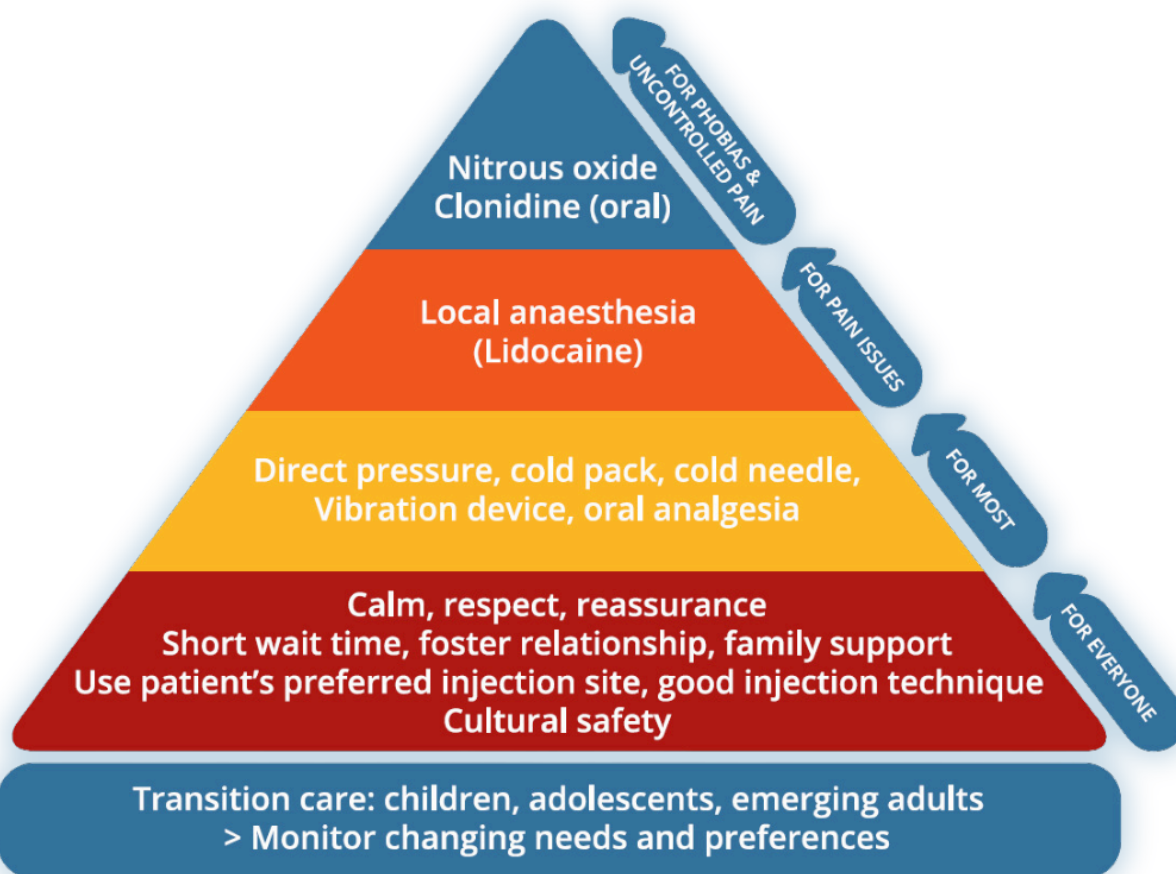
BEFORE GIVING THE INJECTION

- 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



PAIN MANAGEMENT OPTIONS

Follow the Strategies for Injection Managing Pain, Fear and Distress pyramid as per the ARF/RHD Australian 2020 guidelines



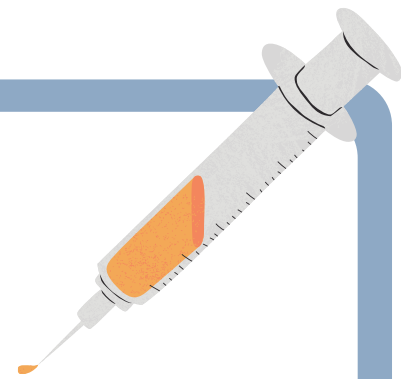
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<https://www.rhdaustralia.org.au>

PREPPING

- Warm the syringe to room temperature
- 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 the 21-gauge needle provided 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 \(RHD I EL2\)](#)

