**TEMPLATE**

**Self-Administration of Prolia® during the COVID-19 pandemic**

As discussed with you over the phone today, you will soon be due for your next denosumab (Prolia injection). Unfortunately, Prolia injection has a quick ‘on and off’ effect. This means that if your next injection is delayed for too long, the effect of your previous Prolia treatment will start to wear off which could make you more vulnerable to breaking a bone. We understand that the current situation with coronavirus must be causing you a lot of anxiety, particularly the risk of contracting the virus if you leave your home.

Today, we discussed the possibility of you self-administering your next Prolia injection under my supervision through video or telephone consultation. You have agreed with this option. In preparation for your next Prolia injection, you need to complete the following:

1. ***Please watch the video on ‘How do I self-inject with Prolia?´ which can be found on the link below:***

[***https://www.prolia.co.uk/patient/how-is-prolia-denosumab-administered/how-do-i-self-inject***](https://www.prolia.co.uk/patient/how-is-prolia-denosumab-administered/how-do-i-self-inject)

1. ***I have also enclosed with this letter an information leaflet on self-injection of Prolia. Please read it carefully.***
2. ***You will not be required to have a blood test prior to your injection. Instead, we will send you a single dose of vitamin D by post. This will be in the form of colecalciferol 50,000 IU. Please take this medication as soon as you have received this by post. You should continue taking your daily calcium and/or vitamin D supplementation as usual if this has been prescribed to you.***
3. ***You will receive your Prolia injection via courier in the next few days. Please put your Prolia injection in the refrigerator (in the cooler part of your fridge, not in the freezer). Please contact us by email (***[***XXXXXX***](mailto:EndocrineNurses@uhb.nhs.uk)***) or by phone (XXXXXXX) as soon as you have received your Prolia injection so we can schedule a time and date for your injection.***

I will be contacting you by phone or video on the time and date that we have agreed following your confirmation of receipt of your Prolia injection. This is to ensure that I can guide you through the process as you self-administer your Prolia injection.

Please do not hesitate to contact us by email (preferred method) or by phone if you require any further information.