

Intramuscular Injections

What is an intramuscular injection?

IM injections deliver medication deep into muscles, such as Deltoids, Quadriceps, and Glutes, for effective absorption. Figure 4

Step 1

Gather your medication and supplies

Assemble your medication, syringes, needles, alcohol wipes, and a sharps container or a puncture proof container (like a plastic milk bottle). If your medication is in powder form, you'll need a mixing syringe/needle and the appropriate diluent. Figure 1

Step 2

Needle and Syringe Insights

Syringes:

A 1 mL or 3 mL, with a luer lock (screw-on-off connection), ensures a secure needle connection. Figure 2A

Needles:

- The needle thickness is measured in gauge, varying by preference and/or body fat percentage. Thicker gauges (18G–23G) are for drawing out medication from the vial, while thinner gauges (23G–25G) are for injecting.
- Length varies based on preference and body fat percentage, with options like $\frac{3}{8}$ ", 1", and 1.5".

Note: If your syringe comes with a pre-attached needle Figure 2B, be aware of its gauge – either for drawing (18G–23G) or injecting (23G–25G). Using separate needles is advised for drawing and injecting to maintain sharpness as needles dull with multiple punctures.

Step 3

Prepare Your Injection Site

- Wash your hands thoroughly.
- Select an injection site (abdomen, upper thigh, upper arm). Figure 4
- Clean the chosen site with an alcohol wipe.

Step 4

Medication Preparation

- Ensure your medication reaches room temperature if refrigerated to minimize discomfort.
- Verify the correct medication and check the expiration date (Beyond Use Date - BUD). Figure 5
- If your medication is in powder form (lyophilized), you'll need a mixing syringe/needle and the provided diluent.
- Confirm dosing instructions on the prescription label.

Step 5

Drawing Medication from the Vial

- Flip-off vial cap and expose the grey rubber stopper.
- Wipe Top of vial with alcohol pad.
- Insert the needle into the rubber stopper at a 90-degree angle then turn the vial upside down. Figure 3
- Gently pull back on the syringe plunger to draw the prescribed amount. Tap the syringe gently to remove air bubbles.
- Adjust the volume as needed to the prescribed dose.
- Inspect your syringe for accuracy.

Step 6

Administer the Injection

- At a 90-degree angle inject the needle swiftly and smoothly into the desired site. Figure 4
- Slowly, push plunger to inject the medication to minimize discomfort.
- Upon completion, remove the needle, apply pressure, and massage the area to disperse the medication.

Step 7

Clean Up

- Wash hands.
- Follow the specific storage instructions provided on your vial label for any unused medication. Figure 5
- Dispose of used needles in a sharps container. Figure 6

Figure 1



Figure 2A



Figure 2B



Figure 3

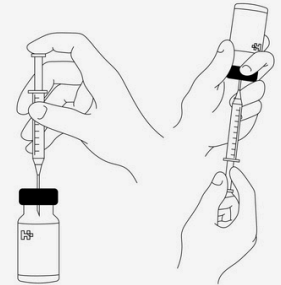


Figure 4

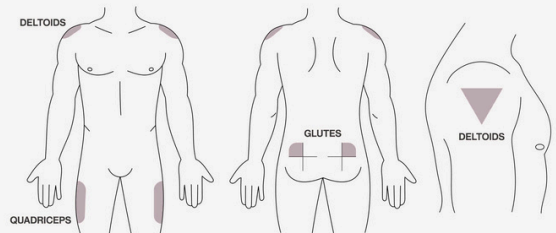


Figure 5

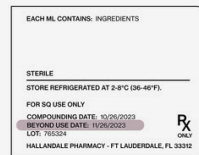


Figure 6



When to seek medical attention

- If there is evidence of an allergic reaction including having trouble breathing, a body rash, or swelling of the face or throat.
- Local irritation, redness, slight burning, swelling, and hard bumps over the shot area may be normal. Oil based injections may remain in the injection site for a few days. Contact your physician if it worsens.
- For more information and video tutorials, visit our website at hallandalex.com or scan the QR code on the insert.