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Intra-Muscular Injecting

An Explanation of the Steps Involved

from Pharma Europe Website

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Hold the syringe like a dart and insert at a right angle to the skin.

Preparation & Initial Steps

Check the label on the bottle. Remove the cap from the bottle. Clean the top of the bottle with an alcohol pad. Do not touch the top of the bottle after it has been cleaned.

Attach and/or tighten the needle onto the syringe. Take the needle cap off the needle. Pull back on the end of the plunger, draw air equal to the amount of liquid to be injected into the syringe. Do not touch the plunger or the needle. Insert the needle into the rubber stopper in the bottle.

Push down the plunger to push the air into the bottle. Leave the syringe in the bottle. Invert the bottle and syringe so the bottle is on top. Pull down on the plunger allowing the medicine to fill the syringe. Stop when the desired amount has been transferred to syringe. Check for bubbles in the syringe. If bubbles are present, tap the barrel of the syringe with your finger to move any bubbles to the top of the syringe, push the plunger slightly to move air bubbles out of the syringe. Pull down on the plunger again to fill the syringe with the correct dosage. Check again for air bubbles and repeat above steps if necessary. Remove the needle from the bottle. Replace needle cap.

Avoid major blood vessels and nerves. Do not use areas that are bruised, swollen, tender, or scarred. Ask someone qualified to help you find the site.

Selecting the site.

Avoid major blood vessels and nerves. Use different sites in turn to prevent repeated injections in the same area. Do not use areas that are bruised, swollen, tender, or scarred. Ask someone qualified to help you find the site.

Buttock (Gluteus Medius)

Find the trochanter (the knobby top portion of the long bone in your upper leg (femur)). Find the posterior iliac crest. Draw an imaginary line between the bone landmarks. From the centre of the line find a point one inch up from the line. This (X) is where the needle goes in. Stretch the skin tight. Hold the syringe like a dart and insert at a right angle to the skin. You can use up to 3ml (cc) of fluid in this site.

Hip (Ventrogluteal)

Find the trochanter (see above). Find the anterior iliac crest. Place the palm of your hand over the trochanter. Point your first finger toward the anterior iliac crest. Spread the second (middle finger) towards the back. Inject between the knuckles of your first and middle finger. Stretch the skin tight. Hold the syringe like a dart. Insert at right angles to the skin. You may give up to 3ml (cc) of fluid at this point.

Leg (Vastus Lateralis)

To find the thigh injection site you will be making an imaginary box on your upper leg. Find the groin. One hand width below the groin becomes the upper border of the box. Find the top of the knee. One hand width above the top of the knee becomes the lower border of the box. The centre of the top of your leg becomes the left corner of the box. The centre of the side of your leg becomes the right border of the box. The best areas to use for injection are in the middle of this imaginary box. Stretch the skin to make it tight. Insert the needle at a right angle to the skin. You may give up to 2ml (cc) of fluid into this site.

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