

How Do I Inject the Medication?

1. Wash your hands with soap and water or hand sanitizer.
2. Prepare your medication as shown by your health care provider (see additional handout: Medication Preparation).
3. Cleanse the injection site with an alcohol pad. Allow this to air-dry for 10 to 15 seconds.
4. Stretch your skin tight or pinch the muscle where you intend to inject the medication.
5. Insert the needle at a 90-degree angle to your skin.
6. Pull the plunger backward for aspiration. If you see blood, this means you are not in the muscle, and you need to remove the needle and start over. If you do not see blood, proceed to the next step.
7. Push the plunger down at a steady rate and administer all of the medication in the syringe.
8. Pull the needle straight out and away from the body.
9. Dispose of the materials as shown by your health care provider.
10. Wash your hands.

References

Perry, Potter, Ostendorf; Clinical Nursing Skills and Techniques, 8th edition, 2014

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ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

إذا كنت تتحدث اللغة العربية، فيمكنك الحصول على المساعدة اللغوية المتاحة مجانًا. اتصل على الرقم (TTY: 771) 1.844.359.1607.

Intramuscular Injections

Why Do I Need an Intramuscular Shot?

Administering medication through an intramuscular shot means you are putting the medication into the deep muscle tissue. The blood vessels supplying that muscle then spread the medication throughout your body. Ultimately, this allows the medication to be absorbed faster, making it ready for action.



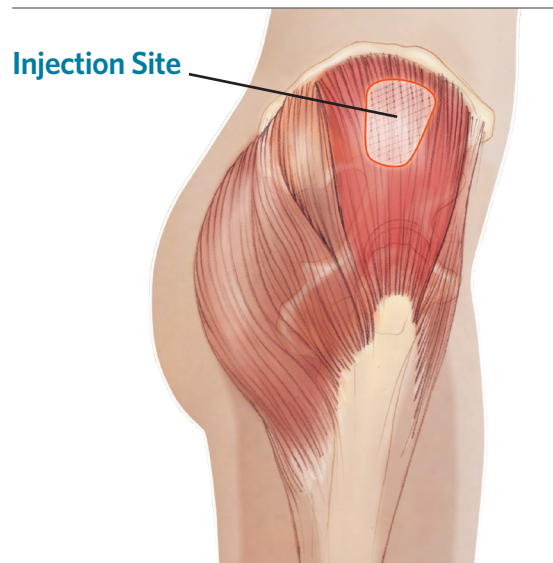
Where Can I Have an Intramuscular Shot?

Ventrogluteal Muscle

Find the area where your thighbone meets your hip; it will feel like a hard ball. Place the palm of your hand over this spot with your fingers reaching toward the head.

Spread your fingers out, and locate the center of the "V" formed between your ring and middle fingers. This is where you will inject the medication as highlighted in the diagram below.

Note that this location is to be used if another person is administering the injection.



Vastus Lateralis Muscle

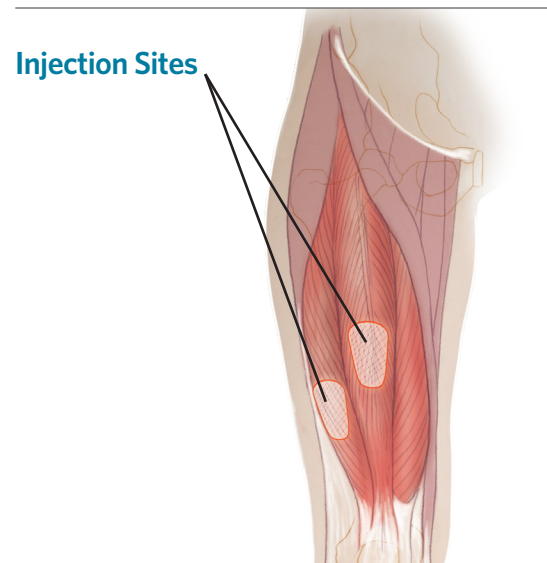
Split your thigh into three sections horizontally.

Locate the middle section (between the upper thigh and your knee).

Now split this section in half vertically. This is where you will inject the medication as highlighted in the diagram below.

Hint: This muscle is also very pronounced if you flex your thigh.

Note that this location is best used if self-administering the injection.



Deltoid Muscle

Locate the acromion process (or the bony part) where your shoulder meets your arm.

Place your finger on the acromion process, then place two fingers horizontally and directly below this spot.

With your other hand, put your pointer and middle fingers in the shape of a "V" directly under your other two fingers, creating a triangle.

The injection site is in the middle of this triangle you have created, as highlighted in the diagram below.

Note that this location is to be used if another person is administering the injection.

