

# Instructions for Self-Administered Intramuscular (IM) Injection

## Preparing to give the medication:

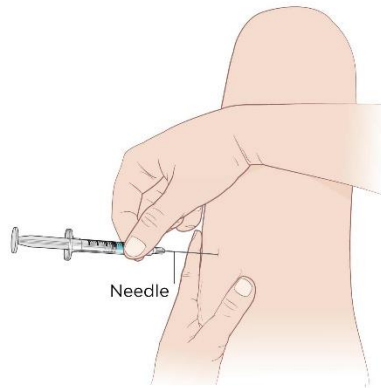
Do not give the injection in an area where the skin is burned, hardened, inflamed, swollen, or damaged by a previous injection.

1. **Wash your hands thoroughly.**
2. **Gather your supplies.**
  - 2 needles – one 18g to draw up the medication, one 22g or 23g to inject
  - Syringe – usually 3cc
  - Alcohol pad
  - Gauze pad
  - Container for syringe disposal
3. **Draw up the medication.**
  - a. Wipe off the rubber top of the vial with alcohol.
  - b. Attach the 18g needle to the syringe to draw the medication out of the bottle.
  - c. With the needle still capped pull back on the plunger, filling the syringe with air equal to the amount of medication you will be giving yourself.
  - d. With the vial in an up-right position, push the needle through the cleansed rubber stopper at a 90 degree angle, being careful not to bend the needle.
  - e. Inject the air from the syringe into the vial.
  - f. Turn the vial upside down with the needle remaining in the vial. The needle will be pointing upward.
  - g. Make sure the tip of the needle inside the vial is covered with the medication. This will make it easier to withdraw the medication.
  - h. Pull back on the plunger of the syringe to fill the syringe with the prescribed dose of medication.
  - i. Keeping the vial upside down and the needle inside it, flick or tap the syringe with your finger to get any air bubbles to the top of the syringe.
  - j. Gently push the air bubbles back into the vial and draw out more medication if necessary. Repeat steps i and j until the correct dosing of medication is in the vial with no air bubbles present.
  - k. Turn the vial upright again and remove the needle from the stopper. Re-cap the needle.
  - l. Remove the 18g needle and dispose of it in the sharps container.
  - m. Attach the 22g or 23g needle to the syringe.
4. **Identify your injection site** (it is important to rotate injection sites to keep the skin healthy).



5. **Cleanse the injection site** with alcohol and allow to briefly air dry.
6. **Give the injection.**
  - a. Hold the syringe like a pencil or dart.

- b. Stretch the skin of the injection site with your thumb and index finger. Try to relax the muscle where you are injecting. It will be more painful if the muscle is tense.
- c. Quickly inject the needle into the skin at 90 degree angle.
- d. Once the needle is inserted pull back on the plunger and make sure you don't see any blood in the syringe. If you do, removed the needle without injecting the medication. Throw away the syringe and needle and start over using a different injection site.
- e. Push down on the plunger until all of the medication has been injected.
- f. Remove the needle, gently press gauze onto the insertion site and hold light pressure for a 20-30 seconds.
- g. Apply a bandaid if necessary.



**7. Dispose of the needle and syringe together in the sharps container.**

Medication and dosage:

You will inject \_\_\_\_\_ of \_\_\_\_\_ every \_\_\_\_\_.

If you have any questions about giving yourself an injection please call SHWC at 410-516-8270 to speak with a nurse.