

# INTRAMUSCULAR INJECTIONS

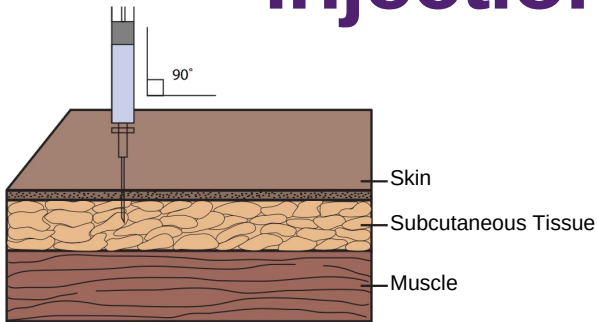


# *INJECTIONS*



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# What is an intramuscular injection (IM)?



An intramuscular injection delivers medication deep into the muscle tissue. This allows the medication to be quickly absorbed into the blood stream.

## Super! Now how do I do it?

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### Assemble Your Supplies

- Medication vial
- Disposable syringe and needle
- Two alcohol swabs
- Sharps container
- Cotton Ball
- Band aid

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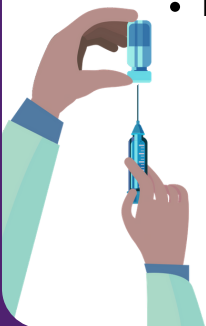
### Set Up for the Injection

- Set up a clean, comfortable, and well-lit work area.
- Make sure your medication is the correct medication your doctor prescribed. Do not use a medication that is expired, discolored, or has visible particles.
- Wash your hands

### 3

## Prepare Your Injection Dose

- Take the cap off your vial. Clean the rubber stopper with an alcohol swab in a circular motion and allow to air dry.
- Check the package on your syringe/needle, make sure it is not opened or damaged. Assemble your needle/syringe if needed.
- Remove needle cap. **Do not let the needle touch any surfaces.** Pull back the plunger to draw air into the syringe (medication vials are pressurized, you must put air into the vial in order to get medication out!). The amount of air drawn into the syringe should be the same or a bit more than the medication dose you will be drawing out.
- Keep the vial flat on your working surface and insert the needle straight down through the center of the rubber stopper.
- Push the plunger of the syringe down to push the air into the vial.
- Keeping the needle in the vial, turn the vial upside down. Make sure the liquid is covering the tip of the needle.
- Keeping the vial upside down, slowly pull back on the plunger to fill the syringe with medication.
- Check for air bubbles in the syringe. If there are air bubbles, tap the syringe with your finger until the air bubbles rise to the top. Slowly push the plunger to force the bubbles out of the syringe.
- Pull/push the plunger to the line which matches your dose. Carefully remove the needle and syringe from the vial, careful not to push/pull the plunger as you do so. **Double-check to make sure you have the correct dose in your syringe!**
- Recap the needle while you prepare your injection site.



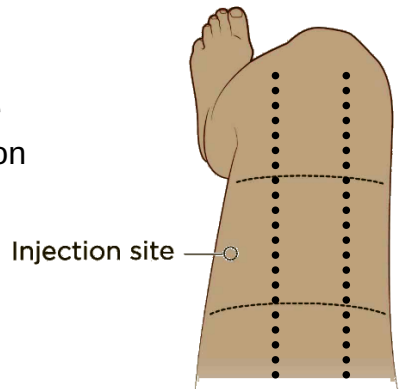
Top line of plunger  
marks your dose!



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### Preparing the Injection Site

- Looking down at your thigh, imagine dividing it into a 3X3 grid, the injection will go in the outer middle third.
- Clean the injection site with an alcohol swab in a circular motion, let it dry.



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### Give the injection

- Place finger below injection site and pull skin slightly, giving traction.
- Insert needle into the muscle at a 90 degree angle with one swift and firm motion,
- Push plunger/medication slowly into the muscle. You may feel some burning or pressure as the medicine enters your muscle.
- After injecting the full dose of the medication, remove the needle in one swift motion.
- Gently press a cotton ball on the injection site, apply a band aid if needed.
- Dispose of needle and syringe in sharps container.

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## Tips for Reducing Injection Pain

- Let skin dry after using alcohol wipe on skin
- Keep muscles in the injection area relaxed
- Break through skin quickly and in a steady, straight motion

## Questions or Concerns?

Call WE Health Clinic with any questions or concerns, our staff is happy to help!

P: 218-727-3352