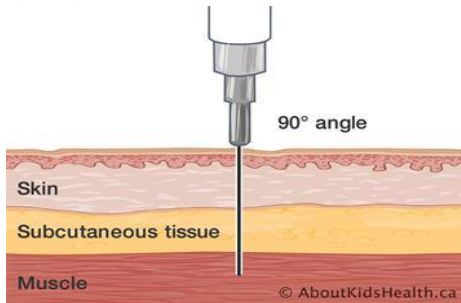


## What is an intramuscular injection?

An intramuscular injection, as illustrated in the figure below, delivers medication deep into the muscle tissue. This allows the medication to be quickly absorbed into the bloodstream for action.



## Why are intramuscular injections given?

IM injections deposit medication deep into muscle tissue. This route of administration provides rapid systemic action and absorption of relatively large doses (up to 5 ml in appropriate sites). IM injections are recommended for drugs that are altered by digestive juices. Because muscle tissue has few sensory nerves, injecting IM allows for a less painful administration of irritating drugs.

## Preparing to give medication:

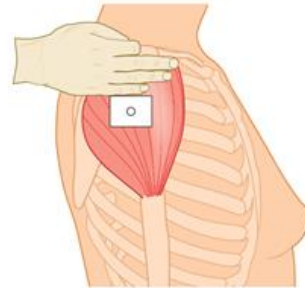
Subcutaneous injections are not given if the skin is burned, hardened, inflamed, swollen, or damaged by a previous injection.

1. Wash your hands thoroughly. This is the best way to prevent infection.
2. Assemble your equipment
  - Alcohol Swab
  - Cotton Ball
  - Prepared Injection

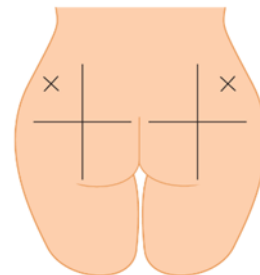
**Note:** It is important to eliminate large air bubbles because they take up space needed for the medication, and they may cause pain or discomfort when injected.

## Locating Injection Site

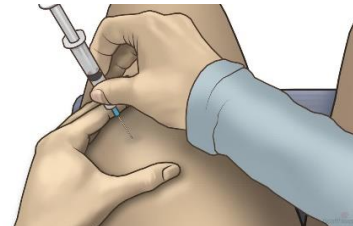
- Deltoid



- Dorsogluteal



- Vastus Lateralis (Thigh)



## Rotating injection sites

It is extremely important to rotate sites to keep the skin healthy. Repeated injections in the same spot can cause scarring and hardening of fatty tissue that will interfere with absorption of medication. Avoid giving injections in areas that are burned, reddened, inflamed, swollen, or damaged by prior injections.

### Preparing the skin

Since the skin is the body's first defense against infection, it must be cleansed thoroughly before a needle is inserted. Cleanse the skin with a back and forth motion using an alcohol swab. This motion moves bacteria away from the injection site. Allow the alcohol to dry completely by air.

### Giving the injection

1. Take the cover off the needle. Be careful not to contaminate the needle. Place the cover on its side.
2. Hold the syringe in one hand like pencil or a dart.
3. Hold the muscle firmly and insert the needle into the muscle at a 90° angle (straight up and down) with a quick firm motion
4. After you insert the needle completely, release your grasp of the muscle.
5. Inject all the solution by gently and steadily pushing down on the plunger.
6. Withdraw the needle and press a cotton ball on the site where the injection was administered, rub the site in circular motions for a few seconds.

**Note:** Pressure over the site while removing the needle prevents skin from pulling back, which may be uncomfortable. The cotton ball also helps seal the punctured tissue and prevents leakage.

### Tips for minimizing injection pain:

- Inject medicine that is at room temperature (if too cold, run under warm water with cap ON)
- Remove all air bubbles from the syringe before injecting
- Wait until the topical alcohol has evaporated before injecting
- Keep muscles in the injection area relaxed
- Break through the skin quickly
- Do not change the direction of the needle as it goes in or comes out
- DO NOT reuse disposable needles

### Safe needle disposal

Place the syringe or needle in a hard plastic or metal container with a tightly secured lid. When the container is threequarters full, take it to a health care facility (hospital or doctor's office) for proper disposal. If you live within driving distance of ELIV8 MD, you can bring your container to ELIV8 MD for proper disposal. **\*\*Please note:** If you are bringing your needles to ELIV8 MD for disposal, please make sure needles are capped and removed from syringe. Syringes can be tossed in the trash.