

Sites of IM injection

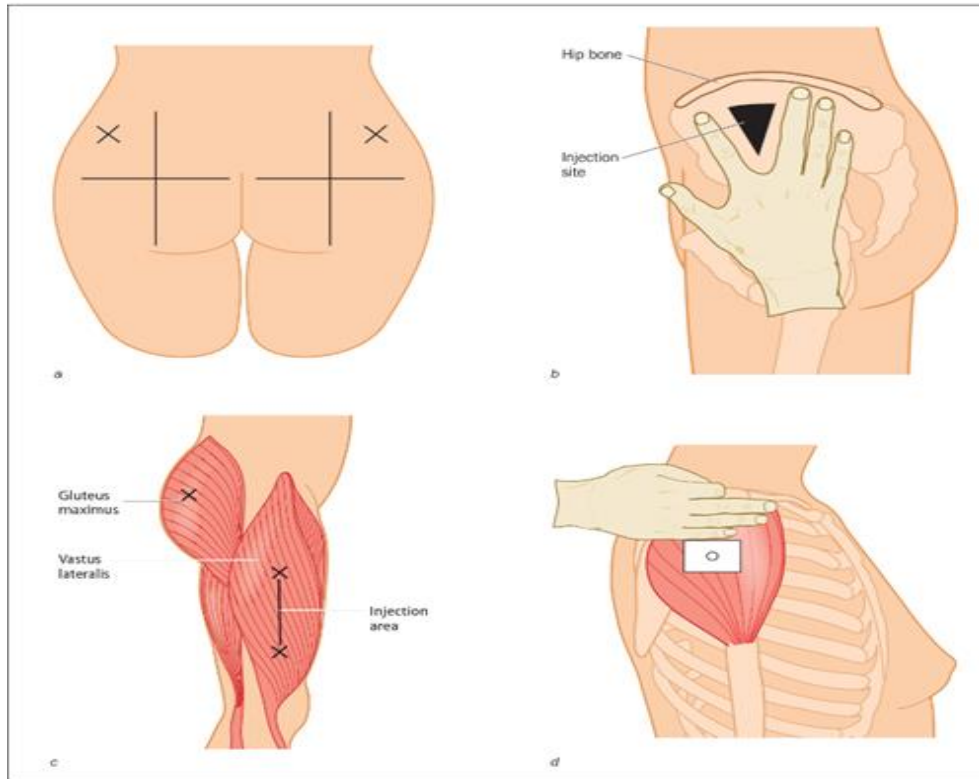
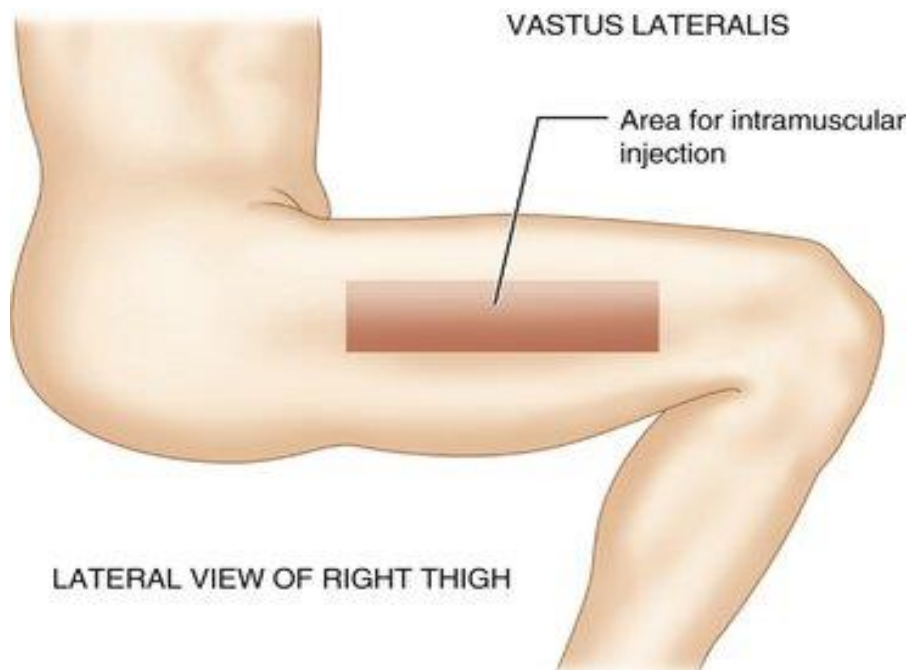


Figure 1. Intramuscular injection sites: dorso/gluteal site (a), ventro/gluteal site (b), vastus lateralis site (c) and deltoid site (d)

Recommended site for Self-administering an (IM) Intramuscular injection



Self-administering an (IM) Intramuscular Injection Instruction

1. Use Vastus Lateralis muscle (the middle outer part of the thigh to inject). The area is one hand length below the hip and one hand length above the knee.
2. Wash and dry hands to reduce the risk of infection.
3. Clean the skin area with an alcohol swab. Clean an area 2 inches in diameter. Use firm circular motions while moving outward from the injection site. Let the area dry for 20 seconds.
4. Remove the needle cover. Never touch the needle. Have an alcohol swab or clean gauze ready to cover the site once you have pulled the needle out.
5. Spread the skin at the site between your thumb and index finger using your left hand if you are right-handed or your right hand if you are left-handed (non-dominant hand).
6. With your dominant hand, hold the syringe like a dart at a 90° angle to the site.
7. Insert the needle straight into the skin with a quick firm motion.
8. Inject the medicine slowly until the syringe is empty.
9. Take the needle out quickly, at the angle in which it was injected.
10. Place an alcohol swab or gauze at the injection site and put pressure on the site for 30 seconds to 1 minute. Bandages can also be used.
11. Throw away the needle and syringe in the Sharps container.
12. Do not give yourself an injection in the same place every time. You may want to use your left thigh one time and your right thigh the next. It may help to write down the site where you gave your last injection and the date. This way you can make sure you always use a different site.