

Intramuscular (Into the Muscle) Injections

What is an intramuscular injection?

An intramuscular injection (IM) delivers medicine into the muscle tissue. This allows for quick absorption of the medication into the bloodstream, yet prolonged action of the medication. Typical injection sites are the muscular tissues of the deltoid, thigh, hip, or buttocks. It is very important to ROTATE the injection sites. This ensures that the medication is absorbed properly. (Using the same site can cause damage to the tissues at that site and will not allow the medication to get into the bloodstream.)

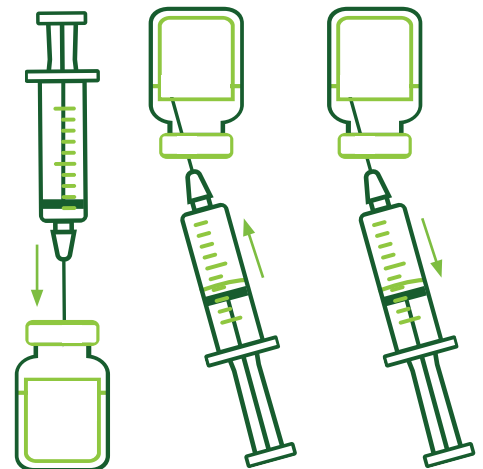
Before You Start:

- Read prescription label and these instructions thoroughly before beginning.
- **Questions?** APS Belmar Pharmacists are available for consultation and questions toll free at (855) 787-4137
- Wash your hands with soap and water.
- Lay out your supplies:
 - o Vial of medication
 - o Alcohol pads
 - o Needle & syringe to draw up medication
 - o Needle & Syringe to inject medication
 - o Needle/Sharps disposal container



Preparing The Injection Dose:

- Remove the vial cap and wipe rubber stopper with an alcohol swab.
- Take the needle and syringe combo and pull back on the plunger to the exact dose of the injection. (This air will be used to insert into the vial to replace the solution that will be drawn out, keeping the pressure in the vial constant.)
- In order to draw up the dose, you must at first, insert the needle at an angle with the sharpest, pointiest end in first, then move the syringe in an upright position and insert it straight down through the center of the rubber stopper on the vial. This will ensure that the rubber stopper will stay intact and not damaged. Keeping the needle in the vial, turn it upside down and keep the tip of the needle covered by the solution (medication).
- Slowly push the plunger in to inject all air in the syringe into the vial.
- Slowly pull back on the plunger to withdraw prescribed dose amount from the vial (see prescription label or doctor's instructions for dosing).

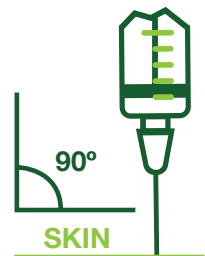


- Inspect syringe for air bubbles. If there is any air in the syringe, inject all the medication back into the vial and withdraw again making sure there are no air bubbles. If there is trouble getting the air bubbles out, try to “flick” the syringe to loosen the bubbles completely out of the syringe and needle.
- Make sure you have the EXACT dose as prescribed by your doctor. When holding the needle upright (needle on top, syringe on bottom), make sure to measure the dose from the TOP of the plunger, not the bottom line of the plunger.
- Remove syringe from vial and keep syringe elevated.
- Lay the cap for the syringe on a flat surface. “Scoop” up the cap with the needle to cover the needle and make sure to **AVOID NEEDLE STICKS**. Once the cap is on the needle, snap the cap on tightly.
- Twist the needle off of the syringe, keeping the syringe upright. Now, twist the smaller size needle onto the top of the syringe. Changing the needle is not mandatory; however, changing to a smaller size needle will usually cause less pain when injecting.



Giving The Injection

- Use your thumb and forefinger to pinch approximately 2” of skin at cleaned injection site.
- Insert the needle into the muscle at a 90-degree angle with one quick and firm motion.
- After inserting the needle, let go of pinch of skin and push plunger to slowly inject medication into the muscle.
- You may feel pressure or a burning sensation as the medication goes into the muscle. Once the syringe is empty, hold for 5-10 seconds, then remove the needle.
- Gently put pressure on the injection site with a cotton ball or alcohol swab to stop bleeding that may occur.
- With the cap of the needle on a flat surface, scoop up the cap with the needle. Once the needle is covered, snap the cap on to make sure it is closed. Do not ever re-cap needles with both hands. Always be careful to avoid needle sticks.
- Dispose of syringe and needles in a safe container (i.e. sharps container). For more information on how to dispose of needles safely, visit <https://safeneedledisposal.org/>.



Important Safety Information:

- Only use sterile diluent provided by APS Belmar or your provider. Do not use any other water (ie – tap water or spring water).
- Follow your physician’s instructions and use medicine only as prescribed.
- Keep out of reach of children and pets.
- Serious adverse reactions should be reported to your physician, APS Pharmacy, and FDA MedWatch (888) 463-6332.



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