

How to give yourself an Intramuscular Injection

What supplies will I need?

- Alcohol swab
- Preloaded syringe
- Band-aid
- Dry gauze or tissue

What steps do I use to give the injection?

1. Wash your hands.
2. Find a site for the injection. Use the upper, outer, part of the thigh.
3. Clean the site with alcohol; let the alcohol dry.
4. Hold the muscle firmly between your thumb and index finger.
5. Hold the syringe like a pencil; quickly insert the needle through the skin at a 90-degree angle.
6. Pull back slightly on the plunger to see if blood comes into the syringe.
7. If there is blood, take the needle out, discard the syringe and start over.
8. If the medicine in the syringe is clear of blood, slowly push all the medicine into the tissue.
9. Count to five, then remove the needle (this prevents the medicine from leaking)
10. After you remove the needle, gently press on the site with a dry gauze or tissue until the bleeding stops. Apply a Band-Aid to the site.
11. Do not put the needle in the trash. Dispose of the needle in a hard, sealed plastic container like a bleach bottle.

