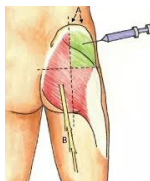
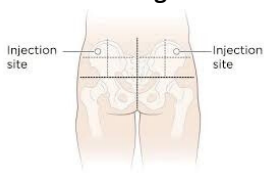
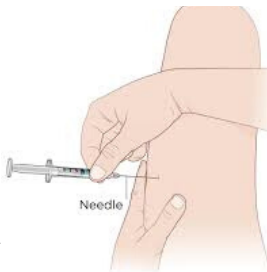


# How to Give Yourself an IM Injection:

## Muscles of the buttocks and thigh:

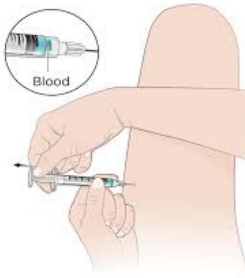


\*\*\*The thigh may be used when the other sites aren't available or if you need to administer the medication on your own. Divide the upper thigh into three equal parts. Locate the middle of these three sections. The injection should go into the outer top portion of this section.



**#1 Insert the needle.** Hold the needle like a dart and insert it into the muscle at a 90 degree angle. You should insert the needle in a quick, but controlled manner. Do not push the plunger in.

**#2 Check for blood.** Using the hand that's holding the skin at the injection site, pick up your index finger and thumb to stabilize the needle. Use your dominant hand — the one that did the injection — to pull back on the plunger slightly, looking for blood in the syringe. If you see blood going into the syringe, it means the tip of the needle is in a blood vessel. If this happens, withdraw the needle and begin again with a new needle, syringe with medication, and injection site. It's rare to have this happen. If you don't see blood going into the syringe, the needle is in the correct place and you can inject the medicine.



**#3 Inject the Medicine:** Push the plunger slowly to inject the medication into the muscle.

**#4 Remove the needle, discard, and apply pressure to injection site:** Use a piece of gauze to apply light pressure to the injection site. You can even massage the area to help the medicine be absorbed into the muscle. It's normal to see slight bleeding. Use a bandage if necessary.