HOW TO GIVE YOURSELF AN IM INJECTION

Intramuscular injection • Outer thigh (vastus lateralis)

1. CHECK YOUR MEDICINE

Confirm it is prescribed for IM use. Check the dose, label, and expiration date.



2. GATHER SUPPLIES

New sterile needle and syringe, medication, alcohol wipes, gauze, and sharps container.



3. WASH & PREPARE

Wash hands. Prepare the prescribed dose exactly as your clinician taught you.



4. FIND YOUR SITE

Sit down and relax your leg. Use the **MIDDLE OUTER THIRD** of your thigh, as shown.



5. CLEAN THE SKIN

Wipe the site with alcohol and let it air-dry fully.



6. INSERT AT 90°

Gently stretch the skin flat. Insert the needle straight in, as trained.



7. INJECT & WITHDRAW

Push the plunger as directed. Withdraw straight out; press gently with gauze.



8. DISPOSE SAFELY

Put used needle and syringe directly into sharps container. Never reuse needles.



IMPORTANT: Get hands-on training before injecting. Use only the site, needle size, dose, and technique prescribed for your medication. This is NOT for subcutaneous injections (such as typical GLP-1 injections).

Seek emergency help for trouble breathing or facial swelling.
Contact your clinician for spreading redness, fever, or severe pain.