



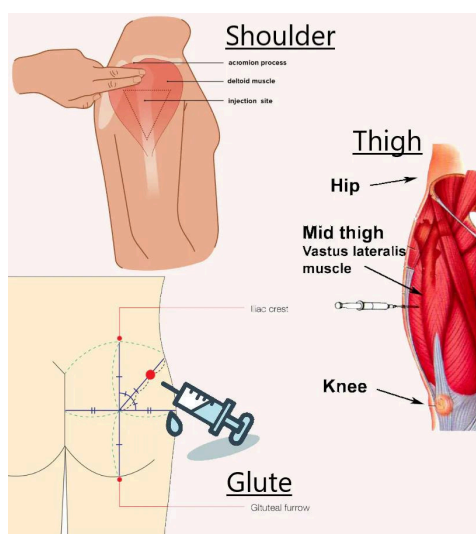
HOW TO PERFORM AN INTRAMUSCULAR INJECTION:

1. Wash.

Clean your hands thoroughly to prevent infection.

2. Choose a site on your body.

For intramuscular injections use the upper outer quadrant of the buttock. Make sure to alternate sides with each injection to avoid irritation.



3. Clean.

Wipe the injection site with an alcohol swab and let it dry.

4. Push.

For intramuscular injections, gently push down on the site to stretch the skin flat over the muscle. This helps to ensure the injection goes into the muscle. Also a short cough before injection can help distract the pain.

5. Stab.

Hold the syringe like a dart and quickly insert the needle at a 90-degree angle into the muscle. A quick, smooth motion can help minimize discomfort.

6. Inject.

Slowly push the plunger all the way down to administer the medication.

7. Remove the needle.

Pull the needle out at the same 90-degree angle it was inserted.

8. Dispose of the needle.

Do not recap the needle to avoid accidental injury. Place it directly into a sharps container. In a pinch, an aluminum can could be used as a temporary sharps container.

9. Apply pressure.

Use an alcohol swab or cotton ball to apply pressure to the site. If there's minor bleeding, hold pressure until it stops. Usually, a bandage is not necessary.