

### PREPARE BEFORE STARTING INJECTION(S)

- Prescribed medication
- Alcohol Wipes/Pads
- Syringe and needle
- A container for disposal

## INTRAMUSCULAR INJECTION

**DEEP MUSCLE** - Medication: Testosterone, Vaccines, Antibiotics, Etc.

- 1. Wash your hands:** Use soap and dry thoroughly. Put on gloves if necessary.
- 2. Open alcohol wipe:** Wipe the area where you plan to give the injection. Let the area dry. Do not touch this area until you give the injection. See illustration below for location selection.
- 3. Draw the medication:** Wipe the top of the vial with the alcohol pad, turn the vial upside down, insert the syringe into the vial, and pull back the barrel to your prescribed medication dose.
- 4. Prepare the needle:** Hold the syringe with your writing hand and pull the cover off with your other hand. Place the syringe between your thumb and first finger. Let the barrel of the syringe rest on your second finger.
- 5. Insert the needle into the muscle:** Hold the syringe barrel tightly and use your wrist to inject the needle through the skin and into the muscle at a 90-degree angle.
- 6. Inject the medicine:** Push down on the plunger to inject the medicine. Do not force the medication by pushing hard. Some medicines hurt. You can inject slowly to reduce the pain.
- 7. Remove the needle:** Once the medicine is injected, remove the needle at the same angle as it went in. Place bandage over the area where you gave the injection if needed.
- 8. Dispose of the syringe properly.**

