



PROCEDURE FOR ADMINISTERING INTRAMUSCULAR INJECTIONS

Equipment required –

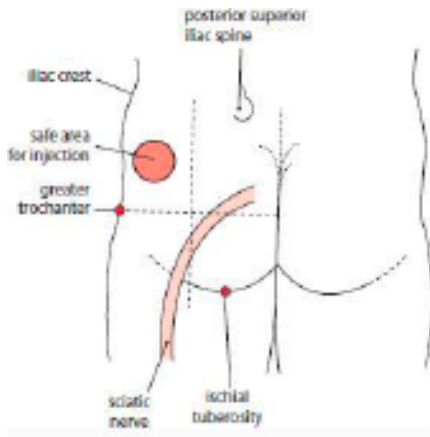
- 2ml syringe
- 1 x Pink needle (to draw up the medication)
- 1 x Green needle 21g x 1½" (to inject the medication)
- Sharps box

Procedure

1. Wash hands before starting and use a clean surface to prepare injection
2. Ensure that all the solution is in the bottom of the ampoule before opening. If not, flick the top of the ampoule
3. Using your forefinger and thumb over the top of the ampoule, with a tissue to protect your fingers, snap the tops off the ampoules
4. Remove the packaging from the syringe and needles
5. Attach pink needle to the syringe and remove the plastic cap from the needle
6. By holding the ampoule in one hand and syringe/pink needle in the other hand place the needle into the ampoule of the solution
7. Pull the plunger of the syringe up to withdraw all the solution from the ampoule
8. If you find this difficult and need two hands to pull the plunger, someone else may be able to hold the ampoule
9. Remove the pink needle from syringe by twisting at the base of the needle (pink area where attached to syringe), using a tissue to protect fingers
10. Attach green needle to syringe and remove plastic cap from the needle
11. Hold the syringe/green needle vertically with needle facing upwards
12. Holding the syringe/green needle in one hand tap the syringe with the other hand so that any air bubbles rise
13. Gently push the plunger of the syringe to expel air bubbles



14. Give injection into the buttocks, using the area known as the upper outer quadrant – please see areas marked with a green tick and red dot indicating safe areas on the diagrams below. It is important to give the injection here to avoid the sciatic nerve



15. Holding the syringe by the body (not the plunger) pierce the skin until the green needle is fully inserted
16. Change hands to hold the syringe/green needle so that you can use your dominant hand to pull on the plunger slightly to check that no blood is seen. If blood is seen remove the needle, move site slightly and repeat
17. Push the plunger slowly until all the solution has been injected and remove needle
18. Press the injection site with a tissue or cotton wool to stop any bleeding, and subsequent bruising (however bruising can still occur)
19. Some people may develop red patches and/or aching around the injection site. Give injections on alternate sides (left and right) so as not to make the buttocks sore when using daily. If you experience unusual pain that is causing you concern, please contact the nurses
20. Dispose of all **needles, syringes and ampoules** into the sharps bin provided. Seal the lid before returning to the unit for disposal. All packaging and cardboard can be disposed of with household rubbish

If you have never administered intramuscular injections to yourself, please let the nurses know and your first injection will be administered under their supervision.

Please contact the clinic if there are any **adverse effects** from the injection i.e. swelling, redness or warmth at the injection site, severe pain at the injection site, prolonged bleeding, tingling or numbness.

If you develop signs of **allergic reaction** e.g. facial swelling, difficulty breathing you will need to seek immediate help via the emergency services.