

# IM (Intramuscular Injection) Instructions

## Precautions

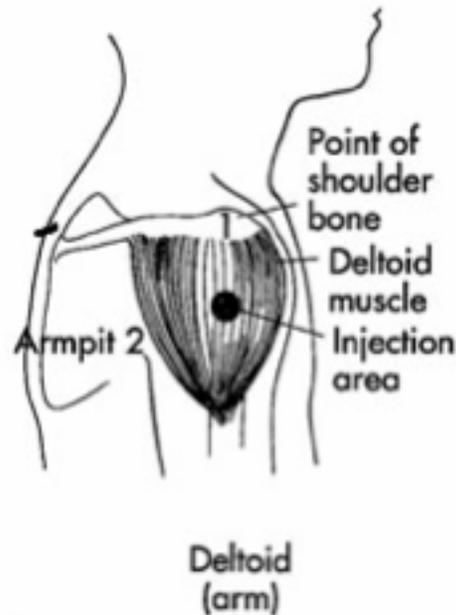
The intramuscular route should not be used in cases where muscle size and condition is not adequate to support sufficient uptake of the vitamin compound. Intramuscular injections should not be given at a site where there is any indication of pain.

## Description

Intramuscular (IM) injections are given directly into the central area of selected muscles. There are a number of sites on the human body that are suitable for IM injections; however, there are three sites that are most commonly used in this procedure.

## Deltoid Muscle

The deltoid muscle is the bulky muscle extending from the shoulder to the upper arm and can be used for intramuscular injections. Please review the diagram for accurate location of the deltoid muscle, and be sure



that the muscle has significant bulk/mass for IM injection.

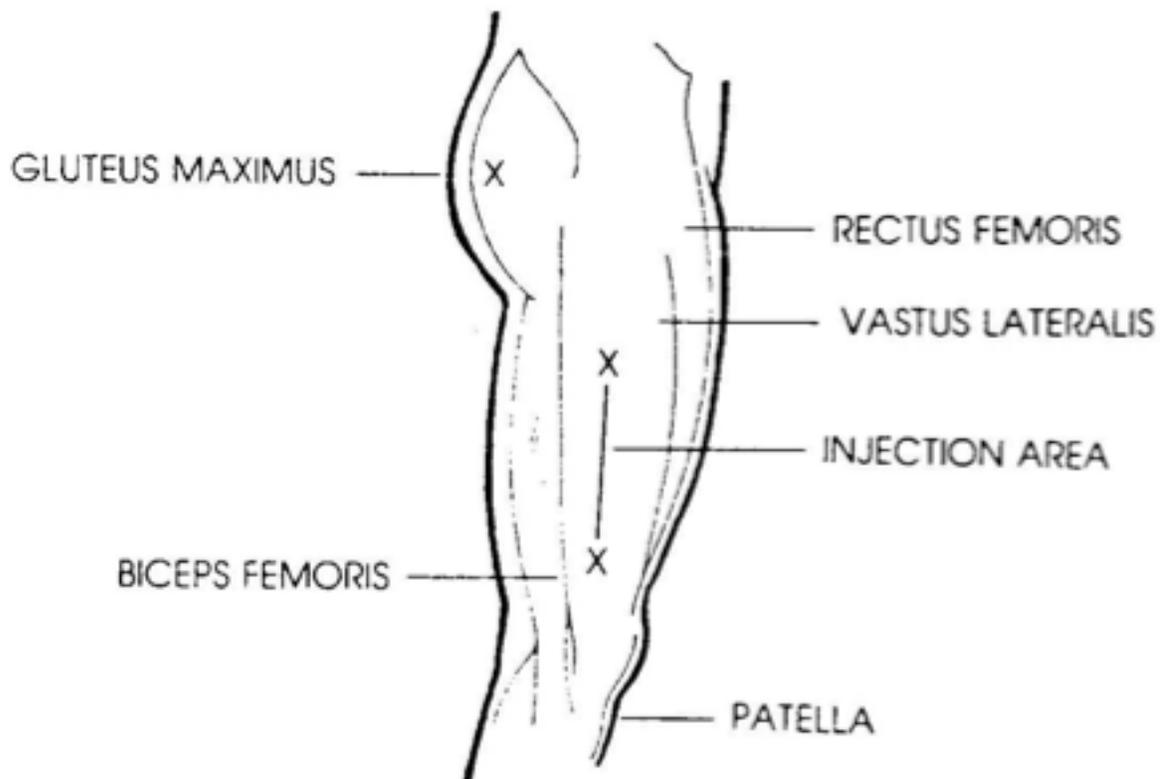
## Vastus Lateralis Muscle, Front/Side of the Thigh

We don't recommend using this site as it is more prone to infection. This muscle is commonly used as the site for IM injections as it is generally thick and well formed in individuals of all ages and is not located close to any major arteries or nerves. It is also readily accessed. This muscle is not fully recommended by DP

Injectables because the skin tends to be more irritated, in general. Palpation of the muscle is required to determine if sufficient body and mass is present to undertake the procedure.

## Gluteus Medius Muscle

The gluteus medius muscle is the third commonly used site for IM injections. See diagram for the correct location of injection. Determining which site is most appropriate will depend upon the patient's muscle density at each site, the type and nature of medication you wish to administer, and of course the patient's preferred site for injections.



## Technique

Carefully remove the injection supplies that have been provided by DP Injectables. Place the correct vial and injection supplies on a clean dry surface. This should include the vial, alcohol prep pads, IM syringe with needle, and bandaid. Wash hands and the area to be injected well. Dry hands and injection site with a clean dry cloth. Carefully remove the top of vial, or if using a multiple use vial, wipe the alcohol prep pad to clean the rubber top of the vial. Remove the needle cap. Hold the vial in one hand, and carefully push needle into rubber top. Turn vial upside down and pull syringe plunger until the correct amount of solution is in the syringe (1 ml). . Open the second alcohol prep pad, and clean the area to be injected well. Carefully thrust the syringe with IM needle into the muscle at a 90 degree angle. Holding the syringe with one hand, gently pull back on the plunger. If no blood enters the syringe, then it is safe to inject the solution. If a flash of blood is seen, then the needle may be in a small vein. Retry positioning in this case. Inject slowly and steadily until desired amount has been given. Remove needle, carefully recap the needle and discard into waste container. Place bandaid over injection site.