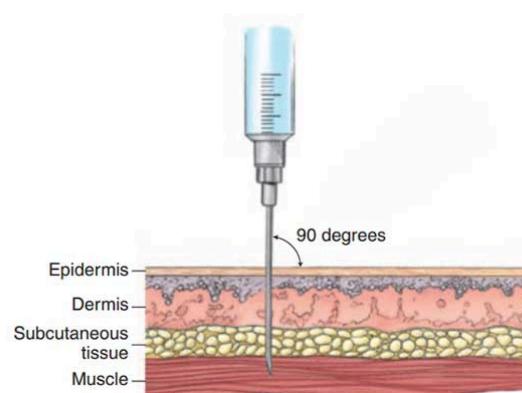


Intramuscular (IM) Injection Instructions

These instructions are intended to help guide safe intramuscular injections. Always follow your provider's specific instructions.

Supplies Needed:

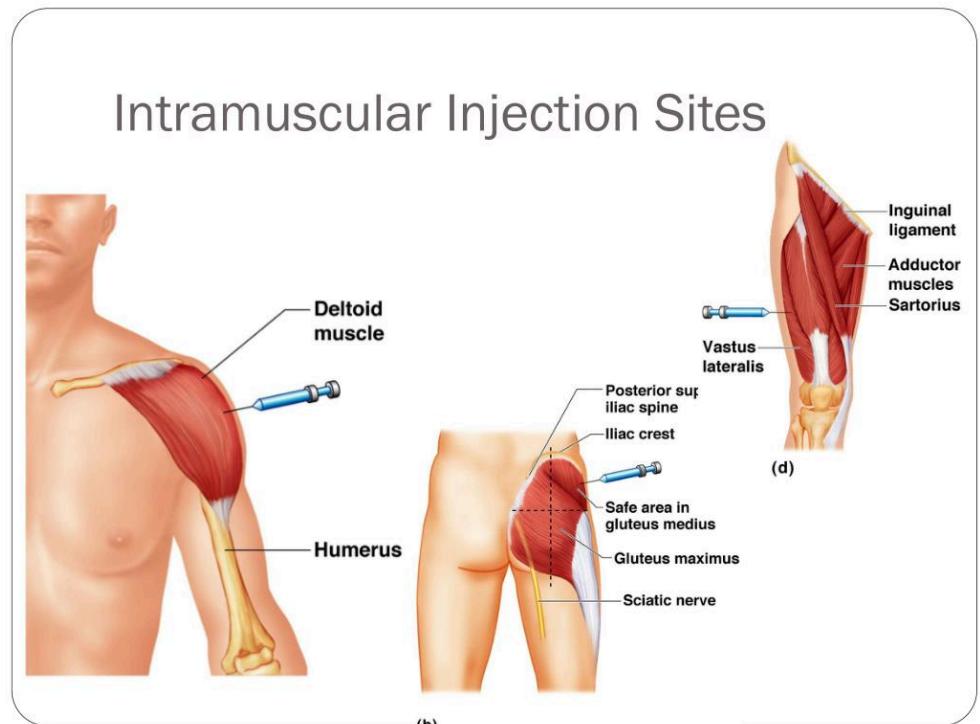
- Medication vial
- Syringe and needle
- Alcohol prep pads
- Gauze or bandage
- Sharps container or plastic bottle with lid



Step-by-Step Instructions

- Step 1: Wash your hands thoroughly with soap and water.
- Step 2: Clean the injection site with an alcohol pad and allow it to dry.
- Step 3: Draw up the prescribed dose using sterile technique.
- Step 4: Hold the syringe like a dart and insert the needle at a 90° angle.
- Step 5: Inject the medication slowly and steadily.
- Step 6: Remove the needle and apply gentle pressure with gauze.
- Step 7: Dispose of the needle immediately in a sharps container.

Common IM Injection Sites



Important Safety Notes

- Never reuse needles or syringes.
- Rotate injection sites to prevent irritation.
- Avoid injecting into areas with redness, swelling, or pain.
- Contact your provider if you experience severe pain, swelling, or signs of infection