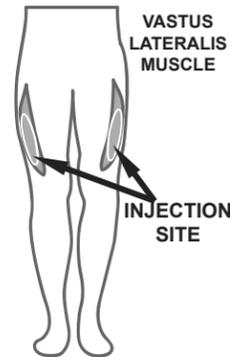


3

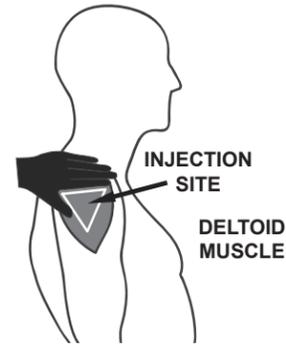
Step 3: Selecting and Preparing the Injection Site

- Make sure to rotate injection sites week to week.
- Inject the medication into a healthy, intact area of the skin (no wounds, bruises, rashes, or fresh tattoos).
- If you are self injecting, you will inject the medication into your thigh.
- If someone is assisting you with the injection, any of the three injection sites are okay:

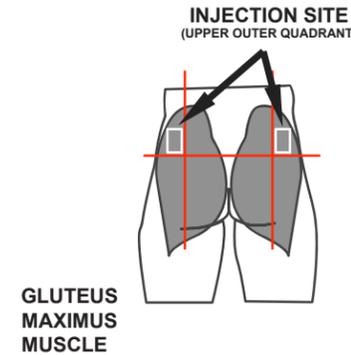
THIGH



DELTOID



GLUTEUS



4

Step 4: Give the Injection

1. Clean the injection site skin with an alcohol swab, going from the center and moving out. Let it air dry for at least 30 - 45 seconds.
 - Do not blow or fan on injection site.
 - If someone is assisting you with the injection, they will put on gloves after swabbing the injection site.
2. Hold the skin around the injection site firmly.
3. Insert the needle into the muscle at a 90° angle with one quick and firm motion as directed.
4. Complete the injection by slowly pushing down on the plunger over 5-10 seconds. You may or may not feel some burning, pressure, or other sensations as the medication enters your muscle.
5. When the plunger is all the way down, pull the needle out. Your needle may or may not have a safety cap. If it does, flip the safety up over the tip of the needle to prevent needle sticks. If it doesn't have a safety, carefully scoop the cap back on.
6. Gently press a cotton ball on the injection site. This will help stop bleeding and will keep medication from leaking out. Hold pressure firmly for at least 30 seconds or until bleeding stops. You can place a band aid on injection site if needed.
7. Dispose of the needle and syringe in a certified sharps container.

Tips for Reducing Injection Pain

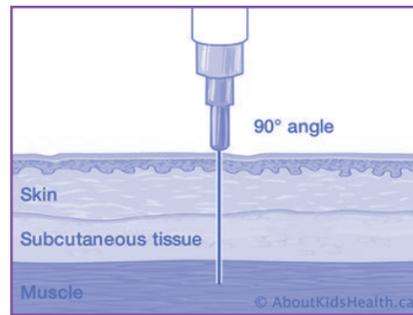
- Inject medicine that is at room temperature.
- Remove all air bubbles from the syringe before injection.
- Let the skin dry completely after using alcohol wipes before injecting, it will burn/sting if you don't let it dry.
- It will hurt less if you insert needle in one fluid motion, like a dart.
- Don't change the direction of the needle when the needle is in your body.

Intramuscular (IM) Injections

Hormones



What is an Intramuscular Injection?

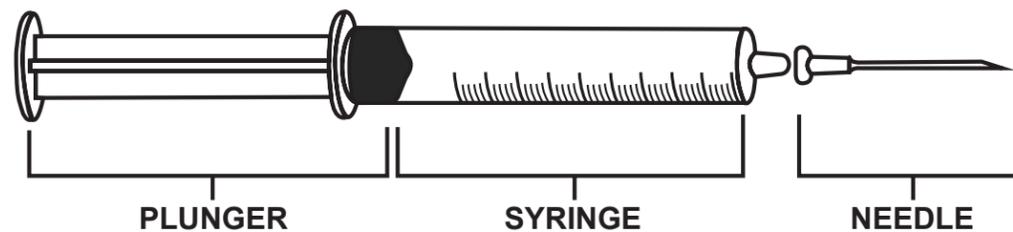


Intramuscular injection delivers medication into the muscle tissue allowing it to be absorbed into the bloodstream.

Assemble your supplies:

1. Medication vial
2. Disposable syringe and two needles
 - one 18-20 gauge (G) needle to draw up medication
 - one 22-25 G; 1-1.5 inch needle for injection

Parts of a Syringe:



3. Two alcohol swabs
4. Sharps container
5. Cotton ball, a tissue or gauze pad works as well. It will be used to catch blood.
6. Hand sanitizer
7. Band aid
8. Gloves (if someone is helping with injections)

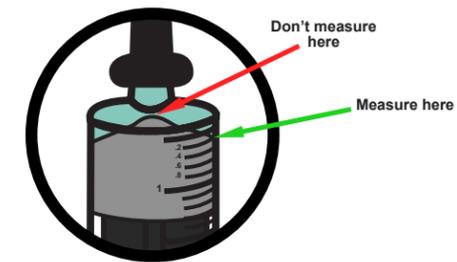
Step 1: Setting Up for the Injection

1. Clean your work area.
2. Make sure it is the medication your clinician prescribed.
 - Check the expiration date on the vial. If the medication is expired, DO NOT USE. Call your pharmacy for a refill.
 - Inspect medication in vial. DO NOT USE if the medication appears cloudy, discolored, contains particles or crystals, or has bits of rubber stopper floating in the liquid.
 - If anything listed above is present, discard the medication and contact your pharmacy for a refill.
3. Wash your hands or use hand sanitizer.

2

Step 2: Preparing the Injection Dose

1. With each new vial, you will take the cap off. Once you take the cap off the vial it does not go back on.
2. Clean the rubber stopper with one alcohol swab by vigorously spinning swab on stopper for 10-15 seconds. Allow to dry. **Always clean the top of the vial even if it is new.**
3. Inspect the injection supplies, including the syringe and both needles. If packaging is opened or damaged DO NOT USE that supply.
4. Open the syringe and the 18-20 G needle. Attach the needle onto the syringe by twisting it onto the syringe. Gently tighten. You will need to unscrew this later.
5. Pull back the plunger and draw air into the syringe. The amount of air drawn into the syringe should be the same (mL) as the dose that you're prescribed. Ex: If your dose is 0.2 mL, fill the syringe with 0.2 mL of air. (Injecting air into the vial helps the medication flow out of vial into syringe more easily)
 - Pull the cap off the needle by pulling directly upwards. Do not twist.
 - Do not let the needle or the tip of the syringe touch any surfaces.



6. Keep the vial on your flat working surface and insert the needle straight down through the center of the rubber stopper.
7. Push the plunger of the syringe down and push the air from the syringe into the vial.
8. Keeping the needle in the vial, turn the vial upside down. Position the needle so the medication is fully covering the tip of the needle.
9. Keeping the vial upside down, slowly pull back on the plunger to fill the syringe with medication. Pulling back slowly helps prevent tiny bubbles getting into the syringe that are hard to get out. Pull back to slightly more than the number of mL that matches your prescribed dose.
10. Keeping the needle in the vial, check for air bubbles in the syringe. There will likely be a large air bubble at top of syringe and there may be small bubbles. If there are small air bubbles, tap the syringe with your fingers until the air bubbles rise to the top of the syringe. Slowly push the plunger up to force the air bubbles out of the syringe and into the vial.
11. Remove the needle from the vial.
12. Carefully scoop the cap back on 18-20 G needle, and remove the 18-20 G needle by twisting it in the opposite direction from when you put it on. Discard the 18-20 G needle into a certified sharps container.
13. Keep the syringe tip pointed upwards. Open the injection needle (22-25 G) and connect it to the syringe by twisting it on. Gently tighten the needle onto the syringe. Do not touch the tip of the syringe or the base of the needle.
14. Prime the injection needle by pushing up on the plunger until you see a drop of medication at the tip of the needle. This means the air bubbles are out and that the needle is primed. Check to make sure that the plunger is lined up with your prescribed amount of medication.