# How to Give an Intramuscular Injection

- First, wash your hands with soap and water and dry them thoroughly.

- If using an 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.

- Prepare. Hold the syringe with your writing hand and pull the cover off the needle with your other hand. Place the syringe between your thumb and first finger. Let the barrel of the syringe rest on your second finger.

- Hold the skin around where you will give the injection. With your free hand, gently squeeze the skin to be slightly tight. Make sure the muscle is relaxed and NOT flexed!

- 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 slight angle. You can do this quickly, like a dart, or take the needle to the skin's surface and push in.

- Check the needle for blood. Let go of the skin with your other hand. Hold the syringe so it stays pointed straight in. Using your writing hand, pull back on the plunger a little to make sure you did not hit a blood vessel. If blood comes back, remove the needle immediately. Do not inject. Replace your needle with a new one and re-inject it in a different location.

- Inject the medicine. Push the plunger in to inject the medicine. Do not force the medicine by pushing hard. Some medicines hurt. Inject the medicine slowly to reduce pain, swelling, and bruising.

- Remove the needle. Once all the medicine is injected, take your finger off the plunger and hold the syringe in place for about 5-10 seconds. This is to ensure all the medicine has leaked out of the tip of the needle. Then, remove the needle slowly, at the same angle as it went in. Place gauze/cotton ball/or clean towel over the area and massage the area to disperse liquid. Dispose of needles safely.
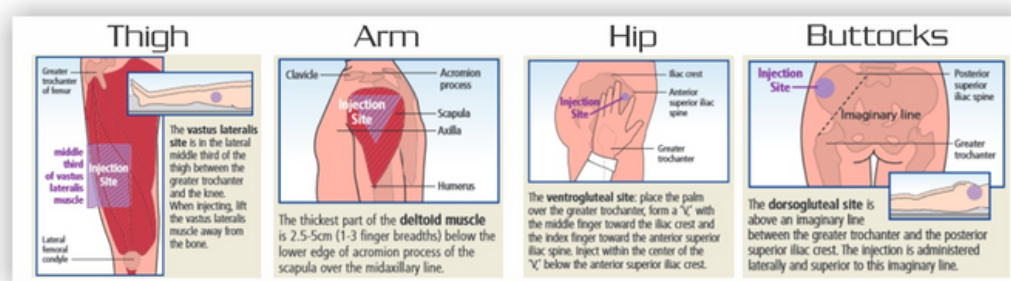
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