

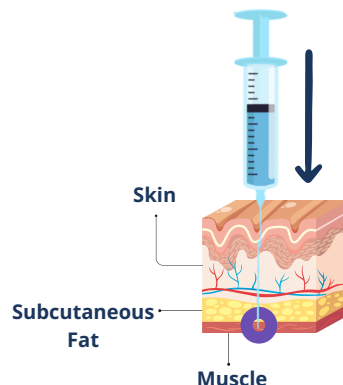
ALL YOU NEED TO KNOW ABOUT

INTRAMUSCULAR INJECTING

What Is a Intramuscular Injection?

Intramuscular injection involves injecting a substance into a muscle where it's absorbed into the bloodstream over time.

It's used when veins are hard to access or a slower effect is preferred, such as with naloxone (overdose reversal medication), vaccines, vitamin B12 or certain hormone treatments.



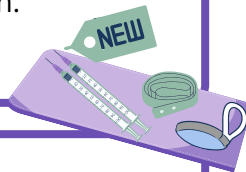
Hold the needle at 90 degrees and insert with a smooth motion.

Safe Injection Quick Tips!

Find a safe, clean, and well-lit area.



Gather Supplies: Ensure all necessary items are within reach.



Use new, sterile supplies every time. This includes a new needle, syringe, alcohol wipe, and any other items used to prepare or inject.

Wash your hands.



Clean the injection site with an alcohol swab/pad; allow it to dry.

Use the supplies and steps that work best for you, like choosing the right spot, angle, needle size, and length.

Try to use a different site each time to give your body time to heal. Using the same spot over and over can lead to pain, swelling, scar tissue, or infections.



To prevent infection and ensure proper healing, cover the injection site with a bandage.

Safely throw away your used needles in a sharp's container or in a strong, hard plastic container with a lid.



Never inject in a hot tub or bathtub. Warm, wet environments increase the risk of infection and pain.

REMEMBER

If you experience discomfort or pain, check your injection site, angle, and needle size and length. Using proper supplies and practices can reduce pain and prevent additional harms.

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What You Need To Know About Needle Lengths and Gauges

Needle Gauge refers to the size of hole in the needle. The bigger the gauge number the thinner the needle.

Needle Length matters because it helps the substance reach the right spot, work properly, and lowers the risk of pain or damage to the skin, veins, or muscle.

- **Longer needles** are commonly used for Intramuscular Injections. **Common sizes:** 1 or 1.5 inches (like the syringe that comes in an injectable naloxone kit).

Common Gauge Sizes

- 23G
 - 24G
 - 25G
- Thicker
↑
↓
Thinner

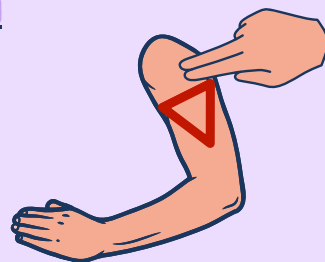
**these are common sizes, use what feels best and safest for you.*

Locating The Spot!

Intramuscular injections are often administered in the deltoid muscle of the arm OR the muscle located on the side of the thigh!

Arm Injection

- Feel for the bone that's located at the top of your upper arm and then place two finger widths below that bone.
- At the bottom of the two fingers will be an upside-down triangle. Give the injection in the center of the triangle.



! This site can be difficult for self-injection because of its small muscle mass. Assistance with injections into this muscle might be needed.

Thigh Injection

Aim for halfway between your knee and your hip on the outer part of the thigh!

- Place one hand above the knee and your other hand below the groin.
- The injection goes in the outer part of the thigh, anywhere in between the hands.

