

# Giving an IM Injection

The term “**IM**” is short for “intra-muscular,” which means “into the muscle.” Your doctor has prescribed a medicine that you will give yourself by **injection** (shot) into a muscle. Your healthcare provider will teach you how to give this injection. It can be given by you or by a caregiver.

First, write in the name of your medicine and when you should get it. Then, carefully follow the steps below.

Medicine \_\_\_\_\_ Schedule \_\_\_\_\_

- Use a pre-filled syringe.
- Fill the syringe with medicine.

## 1 Clean your hands with cleansing solution.

- Clean your hands each time you work with your medicine.
- Rub your hands vigorously until they’re dry.

## 2 Make sure the medicine label is correct.

- Make sure it has your name on it.
- Check the drug name and dose.
- Check the expiration date.

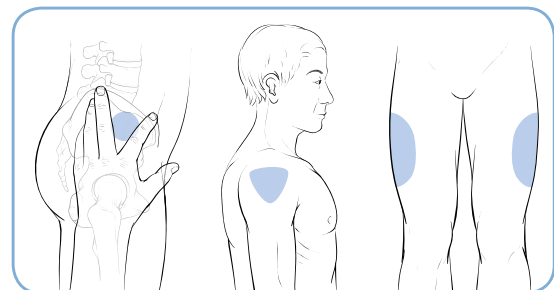
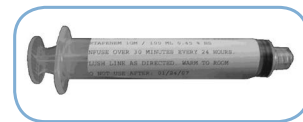
If something is incorrect on the label, call your healthcare provider or pharmacist, and **do not use the medicine**.

## 3 Lay out your supplies on a clean surface:

- Syringe filled with medicine
- Sterile wipes
- Adhesive bandage (such as a Band-Aid<sup>®</sup>)
- Sharps container

## 4 Select an area for the injection.

- The sites shown are for an adult.
- Use a different area for each injection.
- This medicine is injected into the muscle. Your healthcare provider will show you how to pinch or flatten the area.



These sites are less painful for injections, contain no major blood vessels or nerves, and have the least amount of risk.

**5 Clean your skin.** Use the sterile wipe to vigorously clean your skin where you will inject the medicine.



**6 Get ready to inject.**

- Carefully remove the cap from the needle.
- Hold the syringe in one hand.
- Use your other hand to hold the skin.



**7 Give the injection.** Your healthcare provider will tell you which method to use.

**A. No need to check for blood** (most injections):

- Insert the needle straight down into the skin.
- Push on the plunger to inject the medicine.
- Remove the needle from the skin.
- Apply a bandage if there is any bleeding.



**OR**

**B. Check for blood:**

- Insert the needle straight down into the skin.
- Pull back on the plunger to check for blood.
- If you see blood: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- If there is no blood, push on the plunger to inject the medicine.
- Remove the needle from the skin.
- Apply a bandage if there is any bleeding.



**8 Discard the needle and syringe into the sharps container.**



Questions for my healthcare provider: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Provider name: \_\_\_\_\_

Phone: \_\_\_\_\_