Hallandale Pharmacy®

Before getting started

v2

Please familiarize yourself with the medication and supplies provided. Your physician may have given you training or additional materials to help you administer your medication correctly. If you have not received instructions, please refer to the step-by-step guide below for guidance on preparing and administering your medication. This resource will help you navigate the process effectively.

If you have additional questions, contact your prescriber, scan to visit our website, or call 954-455-3822

Care+

YOUR GUIDE TO SELF-INJECTING MEDICATIONS

Intramuscular Injections

What is an intramuscular injection?

IM injections deliver medication deep into muscles, such as Deltoids, Quadriceps, and Glutes, for effective absorption. FIGURE 4

Step 1

Gather your medication and supplies

Assemble your medication, syringes, needles, alcohol wipes, and a sharps container or a puncture proof container (like a plastic milk bottle). If your medication is in powder form, you'll need a mixing syringe/needle and the appropriate diluent. FIGURE 1

Step 2

Needle and Syringe Insights

Syringes:

A 1 mL or 3 mL, with a luer lock (screw-on-off connection), ensures a secure needle connection. FIGURE 2A

Needles:

- The needle thickness is measured in gauge, varying by preference and/or body fat percentage. Thicker gauges (18G–23G) are for drawing out medication from the vial, while thinner gauges (23G–25G) are for injecting.
- Length varies based on preference and body fat percentage, with options like ⅝", 1", and 1.5".

Note: If your syringe comes with a pre-attached needle FIGURE 2B, be aware of its gauge – either for drawing (18G–23G) or injecting (23G–25G). Using separate needles is advised for drawing and injecting to maintain sharpness as needles dull with multiple punctures.

Step 3

Prepare Your Injection Site

1. Wash your hands thoroughly.
2. Select an injection site (abdomen, upper thigh, upper arm). FIGURE 4
3. Clean the chosen site with an alcohol wipe.

Step 4

Medication Preparation

1. Ensure your medication reaches room temperature if refrigerated to minimize discomfort.
2. Verify the correct medication and check the expiration date (Beyond Use Date - BUD). FIGURE 5
3. If your medication is in powder form (lyophilized), you'll need a mixing syringe/needle and the provided diluent.
4. Confirm dosing instructions on the prescription label.

Step 5

Drawing Medication from the Vial

1. Flip-off vial cap and expose the grey rubber stopper.
2. Wipe Top of vial with alcohol pad.
3. Insert the needle into the rubber stopper at a 90-degree angle then turn the vial upside down. FIGURE 3
4. Gently pull back on the syringe plunger to draw the prescribed amount. Tap the syringe gently to remove air bubbles.
5. Adjust the volume as needed to the prescribed dose.
6. Inspect your syringe for accuracy.

Step 6

Administer the Injection

1. At a 90-degree angle inject the needle swiftly and smoothly into the desired site. FIGURE 4
2. Slowly, push plunger to inject the medication to minimize discomfort.
3. Upon completion, remove the needle, apply pressure, and massage the area to disperse the medication.
4. Discard vial after 28 days once punctured as per USP 797 guidelines.

Step 7

Clean Up

1. Wash hands.
2. Follow the specific storage instructions provided on your vial label for any unused medication. FIGURE 5
3. Dispose of used needles in a sharps container. FIGURE 6

FIGURE 1

FIGURE 2A

FIGURE 2B

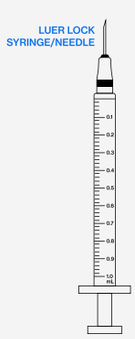

FIGURE 3

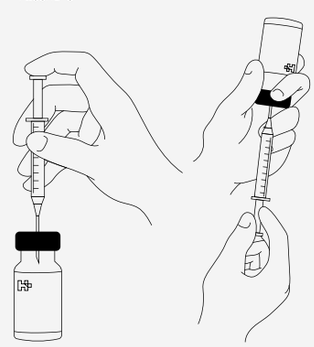

FIGURE 4

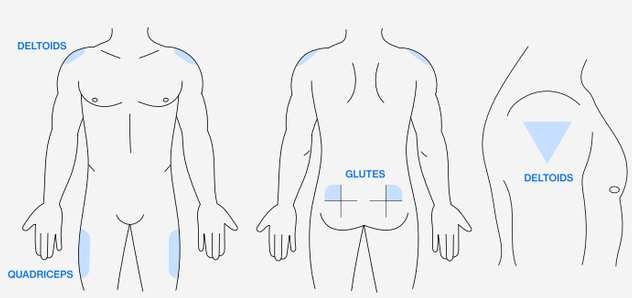

FIGURE 5

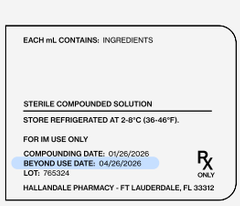

FIGURE 6

When to seek medical attention

- If there is evidence of an allergic reaction including having trouble breathing, a body rash, or swelling of the face or throat.
- Local irritation, redness, slight burning, swelling, and hard bumps over the shot area may be normal. Oil based injections may remain in the injection site for a few days. Contact your physician if it worsens.
- For more information and video tutorials, visit our website at hallandalerx.com or scan the QR code on the insert.