

A GUIDE TO Self-administering IM or SC Injections

IM = intramuscular | SC = subcutaneous

01. Safety and preparation



When medications are administered through the use of needles, prioritize using the appropriate sterile supplies, and having everything you require within reach should something unexpected happen. Always use new needles and syringes with each injection.

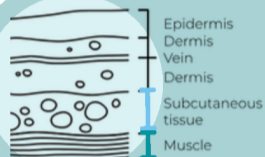


The hub of the needle tips and tip of the syringe are the most likely sites of contamination

Follow Aseptic Technique



Administration site options



INTRAMUSCULAR: A sterile needle is used to deliver medication to the muscle tissue underneath the skin and fatty tissue

SUBCUTANEOUS: A sterile needle is used to deliver medication to the fatty tissue underneath the skin

Many pharmacies have, or can order, appropriate supplies. Harm reduction centres are also an option.

To find a location near you visit:

ohrdp.ca/find-supplies/



Needle selection

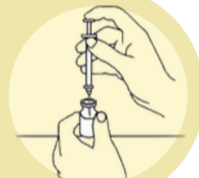
Drawing up: 18 g or 20 g any length
Intramuscular: 22 g or 23 g 1 inch or 1.5 inch length
Subcutaneous: 25 g or 26 g 1/2" or 5/8" length



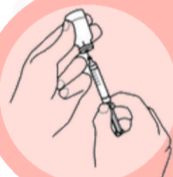
02. Prepare the dose



Attach a drawing up needle to syringe. Pull in air equal to your dose of medication. Clean the vial's rubber stopper with an alcohol swab. Remove the needle cap, push the needle into the vial, and inject the air.



Draw up medication



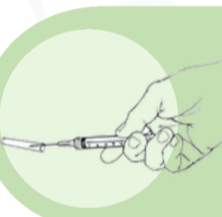
Flip everything upside down, keeping the needle in the vial. Make sure the tip of the needle is inside the liquid. Pull plunger to fill syringe with medication.

Gently tap the syringe to move any bubbles upwards. Refill syringe with your dose of medication. Remove syringe from the vial.

Remove Air Bubbles



Switch Needle Tips



Pull back an air bubble to prevent losing medication in the needle tip. Recap the needle using a single-hand scoop. Remove drawing up tip and put into sharps container. Attach your injection needle tip.

03. Give the dose

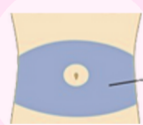
Landmark your injection site and clean skin with an alcohol swab.

Divide upper leg three equal sections from the hip to knee. Inject into the outer half of the middle section. Keep your muscle relaxed to reduce pain on injection.

Landmarking: Intramuscular

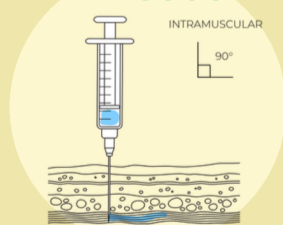


Landmarking: Subcutaneous



On the abdomen, pinch a one inch section of skin. Stay at least one inch away from the belly button. Try to relax before injecting.

INTRAMUSCULAR



The injection is given at 90 degrees. The direction of the bevel (hole) does not matter

Inject Medication

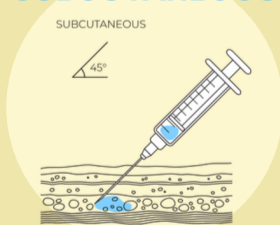
Remove the needle cap, and push out the air within the needle tip and syringe. Hold the syringe in your dominant hand like a dart.

Using your other hand, hold the skin firmly surrounding your landmarked area.

In a smooth motion, insert the needle, and slowly press on the plunger to administer the medication.

Hold in place for 10 seconds.

SUBCUTANEOUS



The injection is given at 45 degrees with the bevel (hole) of the needle pointing away from you

Remove from injection site in a smooth motion, place syringe directly into a sharps container. Press firmly against injection site (do not rub) and apply bandage if needed.

Finish up and proper disposal



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